

THE FACT IS THAT IT TAKES MORE THAN INGREDIENTS AND TECHNIQUE TO COOK A GOOD MEAL. A GOOD COOK PUTS SOMETHING OF HIMSELF INTO THE PREPARATION—HE COOKS WITH ENJOYMENT, ANTICIPATION, SPONTANEITY, AND HE IS WILLING TO EXPERIMENT.

—Pearl Bailey, American entertainer (1918–1990) in Pearl's Kitchen, *1973*

18

POULTRY



SENCHA, Colorado Springs, CO
Brent Beavers, Executive Chef

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AFTER STUDYING THIS CHAPTER, YOU WILL BE ABLE TO:

- understand the structure and composition of poultry
- identify various kinds and classes of poultry
- understand poultry inspection and grading practices
- purchase poultry appropriate for your needs
- store poultry properly
- prepare poultry for cooking
- apply various cooking methods to poultry

Poultry is the collective term for domesticated birds bred for eating. They include chickens, ducks, geese, guineas, pigeons and turkeys. (Game birds such as pheasant, quail and partridge are described in Chapter 19, Game; farm-raised ratites—ostrich, emu and rhea—are discussed here.) Poultry is generally the least expensive and most versatile of all main-dish foods. It can be cooked by almost any method, and its mild flavor goes well with a wide variety of sauces and accompaniments.

In this chapter, we discuss the different kinds and classes of poultry and how to choose those that best suit your needs. You will learn how to store poultry properly to prevent food-borne illnesses and spoilage, how to butcher birds to produce the specific cuts you need and how to apply a variety of cooking methods properly.

Many of the cooking methods discussed here have been applied previously to meats. Although there are similarities with these methods, there are also many distinct differences. As you study this chapter, review the corresponding cooking methods for meats and note the similarities and differences.

Muscle Composition

The muscle tissue of poultry is similar to that of mammals in that it contains approximately 72 percent water, 20 percent protein, 7 percent fat and 1 percent minerals; it consists of bundles of muscle cells or fibers held together by connective tissue. Unlike red meat, poultry does not contain the intramuscular fat known as marbling. Instead, a bird stores fat in its skin, its abdominal cavity and the fat pad near its tail. Poultry fat is softer and has a lower melting point than other animal fats. It is easily rendered during cooking.

As with red meats, poultry muscles that are used more often tend to be tougher than those used less frequently. Also, the muscles of an older bird tend to be tougher than those of a younger one. Because the majority of poultry is marketed at a young age, however, it is generally very tender.

The breast and wing flesh of chickens and turkeys is lighter in color than the flesh of their thighs and legs. This color difference is due to a higher concentration of the protein myoglobin in the thigh and leg muscles. Myoglobin is the protein that stores oxygen for the muscle tissues to use. More-active muscles require more myoglobin and tend to be darker than less-active ones. Because chickens and turkeys generally do not fly, their breast and wing muscles contain little myoglobin and are therefore a light color. Birds that do fly have only dark meat. Dark meat also contains more fat and connective tissue than light meat, and its cooking time is longer.

Skin color may vary from white to golden yellow, depending on what the bird was fed. Such color differences are not an indication of overall quality.

Identifying Poultry

The USDA recognizes six categories or **kinds** of poultry: chicken, duck, goose, guinea, pigeon and turkey. Each poultry kind is divided into **classes** based predominantly on the bird's age and tenderness. The sex of young birds is not

Table 18.1 **USDA CHICKEN CLASSES**

CLASS	DESCRIPTION	AGE	WEIGHT	COOKING METHOD
Game hen	Young or immature progeny of Cornish chickens or of a Cornish chicken and a White Rock chicken; very flavorful	5–6 weeks	2 lb. (1 kg) or less	Split and broil or grill; roast
Broiler/fryer	Young with soft, smooth-textured skin; relatively lean; flexible breastbone	13 weeks	3 lb. 8 oz. (1.5 kg) or less	Any cooking method; very versatile
Roaster	Young with tender meat and smooth-textured skin; breastbone is less flexible than broiler's	3–5 months	3 lb. 8 oz.–5 lb. (1.5–2 kg)	Any cooking method
Capon	Surgically castrated male; tender meat with soft, smooth-textured skin; bred for well-flavored meat; contains a high proportion of light to dark meat and a relatively high fat content	Under 8 months	6–10 lb. (2.5–4.5 kg)	Roast
Hen/stewing	Mature female; flavorful but less tender meat; non-flexible breastbone	Over 10 months	2 lb. 8 oz.–8 lb. (1–3.5 kg)	Stew or braise

significant for culinary purposes. It does matter, however, with older birds: Older male birds are tough and stringy and have less flavor than older female birds. Tables 18.1 through 18.6 list identifying characteristics and suggested cooking methods for each of the various kinds and classes of poultry.



Rock Cornish Game Hen

CHICKEN

Chicken (Fr. *poulet*) is the most popular and widely eaten poultry in the world. It contains both light and dark meat and has relatively little fat. A young, tender chicken can be cooked by almost any method; an older bird is best stewed or braised. Chicken is extremely versatile and may be seasoned, stuffed, basted or garnished with almost anything. Chicken is inexpensive and readily available, fresh or frozen, in a variety of forms.

The French *poulet de Bresse* is a special category of chicken, frequently touted as the world's finest. The only certified-origin chicken in the world, it is a blue-legged variety raised near the village of Bresse in southeastern Burgundy. These are free-range birds fed a special diet of milk products plus sweet corn and other grains. An identifying leg band is attached to each young chick, and authentic birds will be sold with the banded leg attached. They are available in the United States, at a premium price, from specialty food importers.



Chicken Broiler/Fryer



Capon

Table 18.2 **USDA DUCK CLASSES**

CLASS	DESCRIPTION	AGE	WEIGHT	COOKING METHOD
Broiler/fryer	Young bird with tender meat; a soft bill and windpipe	8 weeks or less	3 lb. 8 oz.–4 lb. (1.5–1.8 kg)	Roast at high temperature
Roaster	Young bird with tender meat; rich flavor; easily dented windpipe	16 weeks or less	4–6 lb. (1.8–2.5 kg)	Roast
Mature	Old, bird with tough flesh; hard bill and windpipe	6 months or older	4–6 lb. (1.8–2.5 kg)	Braise

▶ **duckling** a duck slaughtered before it is eight weeks old

▶ **magret** (may-gray) a duck breast, traditionally taken from the ducks that produce foie gras; It is usually served boneless but with the skin intact

DUCK

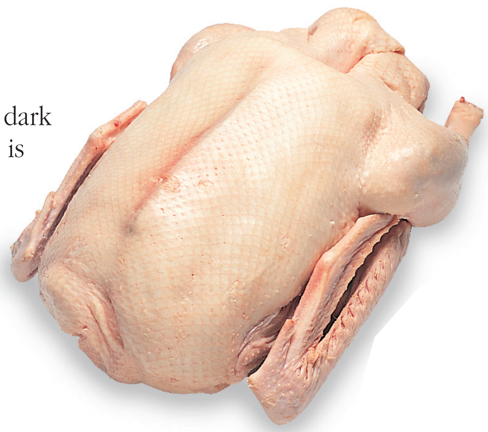
The duck (Fr. *canard*) used most often in commercial food service operations is a roaster **duckling.** It contains only dark meat and large amounts of fat. In order to make the fatty skin palatable, it is important to render as much fat as possible. Duck has a high percentage of bone and fat to meat; for example, a 4-pound duck will serve only two people, while a 4-pound roasting chicken will serve four people.



Roaster Duckling

GOOSE

A goose (Fr. *oie*) contains only dark meat and has very fatty skin. It is usually roasted at high temperatures to render the fat. Roasted goose is popular at holidays and is often served with an acidic fruit-based sauce to offset the fattiness.



Young Goose

Table 18.3 **USDA GOOSE CLASSES**

CLASS	DESCRIPTION	AGE	WEIGHT	COOKING METHOD
Young	Rich, tender dark meat with large amounts of fat; easily dented windpipe	6 month or less	6–12 lb. (2.5–5.5 kg)	Roast at high temperature, accompany with acidic sauces
Mature	Tough flesh and hard windpipe	Over 6 months	10–16 lb. (4.5–7 kg)	Braise or stew

Table 18.4 **USDA GUINEA CLASSES**

CLASS	DESCRIPTION	AGE	WEIGHT	COOKING METHOD
Young	Tender meat; flexible breastbone	3 months	12 oz.–1 lb. 8 oz. (0.3–0.7 kg)	Bard and roast; sauté
Mature	Tough flesh; hard breastone	Over 3 months	1–2 lb (0.5–1 kg)	Braise or stew

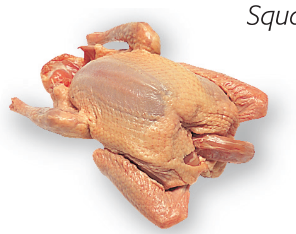


Young Guinea

GUINEA

A guinea or guinea fowl (Fr. *pintade*) is the domesticated descendant of a game bird. It has both light and dark meat and a flavor similar to pheasant. Guinea is tender enough to sauté. Because it contains little fat, a guinea is usually barded prior to roasting. Guinea, which is relatively expensive, is not as popular here as it is in Europe.

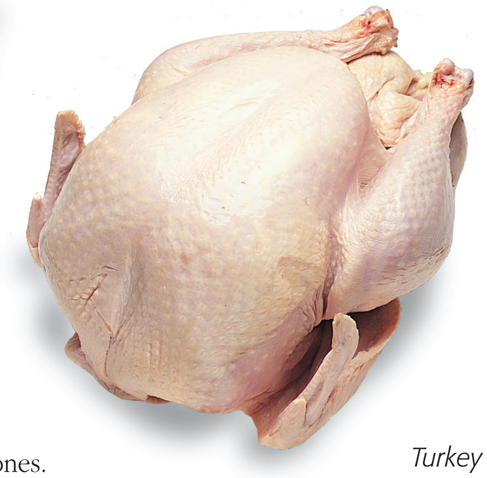
PIGEON



Squab

The young pigeon (Fr. *pigeon*) used in commercial food service operations is referred to as **squab.** Its meat is dark, tender and well suited for broiling, sautéing or roasting. Squab has very little fat and benefits from barding.

TURKEY



Turkey

Turkey (Fr. *dinde*) is the second most popular category of poultry in the United States. It has both light and dark meat and a relatively small amount of fat. Younger turkey is economical and can be prepared in almost any manner.

RATITES

Ratites are a family of flightless birds with small wings and flat breastbones. They include the **ostrich** (which is native to Africa), the **emu** (native to Australia) and the **rhea** (native to South America). Ratite meat, which is classified as red meat, even though it is poultry flesh, is a dark, cherry-red color with a flavor similar to beef, but a little sweeter, and a soft texture. It is low in fat and calories. Most ratite meat is from birds slaughtered at 10 to 13 months of age. It

Table 18.5 **USDA PIGEON CLASSES**

CLASS	DESCRIPTION	AGE	WEIGHT	COOKING METHOD
Squab	Immature pigeon; very tender, dark flesh and a small amount of fat	4 weeks	12 oz.–1 lb. 8 oz. (0.3–0.7 kg)	Broil, roast or sauté
Pigeon	Mature bird; coarse skin and tough flesh	Over 4 weeks	1–2 lb (0.5–1 kg)	Braise or stew

Table 18.6 **USDA TURKEY CLASSES**

CLASS	DESCRIPTION	AGE	WEIGHT	COOKING METHOD
Fryer/roaster	Immature bird of either sex (males are called toms); tender meat with smooth skin; flexible breastbone	16 weeks or less	4–9 lb. (2–4 kg)	Roast or cut into scallops and sauté or pan-fry
Young	Tender meat with smooth skin; less-flexible breastbone	8 months or less	8–22 lb. (3.5–10 kg)	Roast or stew
Yearling	Fully matured bird; reasonably tender meat and slightly coarse skin	15 months or less	10–30 lb. (4.5–13 kg)	Roast or stew
Mature	Older bird with coarse skin and tough flesh	15 months or older	10–30 lb. (4.5–13 kg)	Stew, ground or used in processed products



Ostrich Fan

is generally cut from the back (which contains the very tender tenderloin), the thigh (also known as the fan) and the leg, and is available as steaks, filets, medallions, roasts, cubes or ground.

Ratite meat is often prepared like veal. The more tender cuts, such as those from the back or thigh, can be marinated and then cooked by dry-heat cooking methods, especially broiling and grilling, roasting and pan-frying. Because it has little fat, care must be taken to avoid overcooking, and these products are usually served medium rare to medium. Tougher cuts, such as those from the leg, are best ground or prepared with combination cooking methods.

LIVERS, GIZZARDS, HEARTS AND NECKS



Chicken Giblets

Livers, gizzards, hearts and necks are commonly referred to as **giblets.** Although most poultry kinds are sold with giblets, chickens can be purchased with or without them, depending on your needs.

Giblets can be used in a variety of ways. Gizzards (a bird's second stomach), hearts and necks are often used to make giblet gravy. Gizzards are sometimes trimmed and deep-fried; hearts are sometimes served sautéed and creamed. Necks are very flavorful and can be added to stocks for flavor and richness. Livers, hearts and gizzards are not added to stocks, however, because of their strong flavors.

Chicken livers are often used in pâtés, sautéed or broiled with onions and served as an entrée.

A TURKEY BY ANY OTHER NAME . . .

In *Food in History,* Reay Tannahill explains why we call a turkey a turkey and not a peru. Turkeys were known as *uexolotl* to 16th-century native Central Americans. They were first brought to Europe by returning Spanish explorers early in the 1500s. Turkish merchants visiting Seville, Spain, on their journeys to and from the eastern Mediterranean brought these exotic birds to England, where the English dubbed them "turkie-cocks." This was eventually shortened to "turkeys." The Turks called these birds "hindi," suggesting that they believed the birds originated in India (as opposed to the Indies). This was a belief shared by the French, who called the bird *coq d'Inde,* which was later corrupted to *dinde* or *dindon.* The Germans followed suit, calling the bird *indianische Henn,* as did the Italians, who called it *galle d'India.* Meanwhile, in India, the bird was called a *peru*—which was a little closer to the geographical mark.

FOIE GRAS

Foie gras is the enlarged liver of a duck or goose. Considered a delicacy since Roman times, it is now produced in many parts of the world, including the United States. Foie gras is produced by methodically fattening the birds by force-feeding them specially prepared corn while limiting their activity. Fresh foie gras consists of two lobes that must be separated, split and deveined. Good foie gras will be smooth, round and putty-colored. It should not be yellow or grainy. Goose foie gras is lighter in color and more delicate in flavor than that of duck. Duck foie gras has a deeper, winy flavor and is more frequently used than goose foie gras. Fresh foie gras can be grilled, roasted, sautéed or made into pâtés or terrines. No matter which cooking method is used, care must be taken not to overcook the liver. Foie gras is so high in fat that overcooking will result in the liver actually melting away. Most foie gras used in this country is pasteurized or canned. Canned foie gras may consist of solid liver or small pieces of liver compacted to form a block. Canned foie gras mousse is also available. Truffles are a natural accompaniment to foie gras and are used in many canned preparations.



Duck Foie Gras

▶ NUTRITION

Poultry is an economical source of high-quality protein. Poultry's nutritional values are similar to other meats, except that chicken and turkey breast meat is lower in fat and higher in niacin than other lean meats. Generally, dark meat contains more niacin and riboflavin than white meat.

▶ INSPECTION AND GRADING OF POULTRY

INSPECTION

All poultry produced for public consumption in the United States is subject to USDA inspection. Inspections ensure that products are processed under strict sanitary guidelines and are wholesome and fit for human consumption. Inspections do not indicate a product's quality or tenderness. The round inspection stamp illustrated in Figure 18.1 can be found either on a tag attached to the wing or included in the package labeling.



FIGURE 18.1 ▶ USDA inspection stamp for poultry

GRADING

Grading poultry is voluntary but virtually universal. Birds are graded according to their overall quality, with the grade (USDA A, B or C) shown on a shield-shaped tag affixed to the bird or on a processed product's packaging. See Figure 18.2.

According to the USDA, Grade A poultry is free from deformities, with thick flesh and a well-developed fat layer; free of pinfeathers, cuts or tears and broken bones; free from discoloration and, if it is frozen, free from defects that occur during handling or storage. Nearly all poultry used in wholesale and retail outlets is Grade A. Grade B and C birds are used primarily for processed poultry products.

Quality grades have no bearing on the product's tenderness or flavor. A bird's tenderness is usually indicated by its class (for example, a "young turkey" is younger and more tender than a yearling). Its grade (USDA A, B or C) within each class is determined by its overall quality.

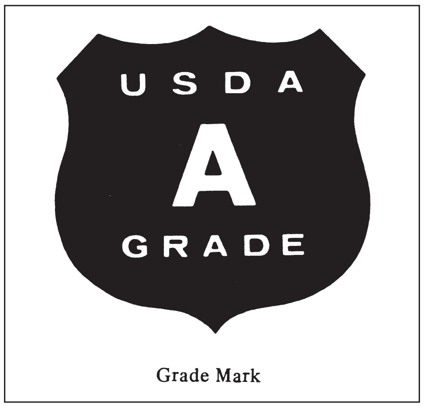


FIGURE 18.2 ▶ Grade stamp for USDA Grade A poultry

FREE-RANGE CHICKENS

Chicken has become increasingly popular in recent years, in part because it is inexpensive, versatile and considered healthier than meat. Indeed, more than 100 million chickens are processed weekly in this country. To meet an ever-increasing demand, chickens are raised indoors in huge chicken houses that may contain as many as 20,000 birds. They are fed a specially formulated mixture composed primarily of corn and soybean meal. Animal protein, vitamins, minerals and small amounts of antibiotics are added to produce quick-growing, healthy birds.

Many consumers feel that chickens raised this way do not have the flavor of chickens that are allowed to move freely and forage for food. Some consumers are concerned about the residual effects of the vitamins, minerals and antibiotics added to the chicken feed. To meet the demand for chickens raised the "old-fashioned way," some farmers raise (and many fine establishments offer) free-range chickens.

Although the USDA has not standardized regulations for free-range chicken, generally the term *free-range* applies to birds that are allowed unlimited access to the area outside the chicken house. Often they are raised without antibiotics, fed a vegetarian diet (no animal fat or by-products), processed without the use of preservatives and raised under more humane growing methods than conventionally grown birds. Most free-range chickens are marketed at 9–10 weeks old and weigh 4½ to 5 pounds (2 to 2½ kilograms)—considerably more mature and heavier than conventional broilers. They are generally sold with heads and feet intact and are more expensive than conventionally raised chickens.

Many consumers (in both the dining room and the kitchen) feel that free-range chicken is superior in flavor and quality. Others find no perceptible differences. As a consumer, you will have to decide whether any difference is worth the added expense.

▶ Purchasing and Storing Poultry

PURCHASING POULTRY

Poultry can be purchased in many forms: fresh or frozen, whole or cut up, bone-in or boneless, portion controlled (P.C.), individually quick-frozen (IQF) or ground. Chicken and turkey are also widely used in prepared and convenience items and are available fully cooked and vacuum-wrapped or boned and canned. Although purchasing poultry in a ready-to-use form is convenient, it is not always necessary; poultry products are easy to fabricate and portion. Whole fresh poultry is also less expensive than precut or frozen products.

As with meats, you should consider your menu, labor costs, storage facilities and employee skills when deciding whether to purchase whole fresh poultry or some other form.

STORING POULTRY

Poultry is a potentially hazardous food. It is highly perishable and particularly susceptible to contamination by salmonella bacteria. It is critical that poultry be stored at the correct temperatures.

Fresh chickens and other small birds can be stored on ice or at 32°F–34°F (0°C–2°C) for up to two days; larger birds can be stored up to four days at these temperatures. Frozen poultry should be kept at 0°F (−18°C) or below (the colder the better) and can be held for up to six months. It should be thawed gradually under refrigeration, allowing two days for chickens and as long as four days for larger birds. Never attempt to cook poultry that is still partially frozen; it will be impossible to cook the product evenly, and the areas that were still frozen may not reach the temperatures necessary to destroy harmful bacteria. Never partially cook poultry one day and finish cooking it later; bacteria are more likely to grow under such conditions.

SANITATION AND CROSS-CONTAMINATION

Review the information in Chapter 2, Food Safety and Sanitation, before butchering any poultry. Be sure that all work surfaces, cutting boards, knives, hands and other equipment used to prepare poultry products are clean and

sanitary. Be careful that juices and trimmings from poultry do not come in contact with other foods. Anything coming in contact with raw poultry should be cleaned and sanitized before it comes in contact with any other food. Cooked foods should never be placed in containers that were used to hold the raw product. Kitchen towels that are used to handle poultry or clean up after butchering should be sanitized before being reused to prevent cross-contamination.

Butchering Procedures

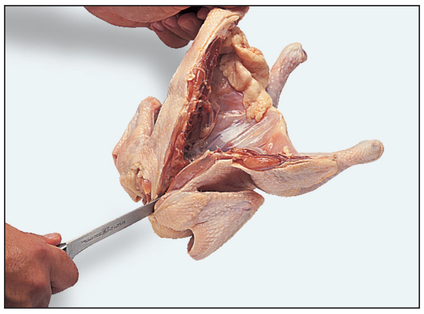
Poultry is easier to butcher than meats and is often processed on-site. You should be able to perform the following commonly encountered procedures. Because the different kinds of poultry are similar in structure, these procedures apply to a variety of birds.

PROCEDURE FOR CUTTING A BIRD IN HALF

Often the first step in preparing poultry is to cut the bird in half. Broiler and fryer chickens are often split to make two portions. This procedure removes the backbone and breast bone (also known as the keel bone) for a neat finished product.



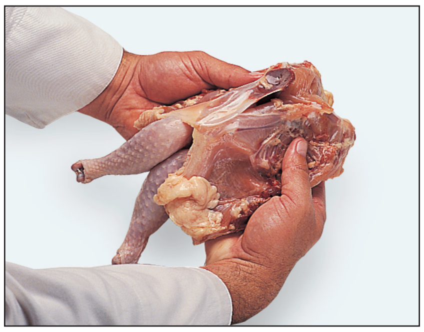
1 Square up the bird by placing it on its back and pressing on the legs and breast to create a more uniform appearance.



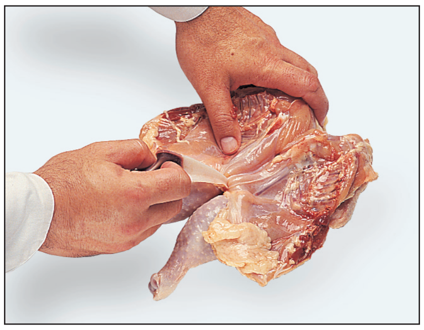
2 Place the bird on its breast and hold the tail tightly with the thumb and forefinger of one hand. Using a rigid boning knife and in a single swift movement, cut alongside the backbone from the bird's tail to head.



3 Lay the bird flat on the cutting board and remove the backbone by cutting through the ribs connecting it to the breast.



4 Bend the bird back, breaking the breast bone free.



5 Run your fingers along the bone to separate the breast meat from it; pull the bone completely free. Be sure to remove the flexible cartilage completely.



6 Cut through the skin to separate the bird into two halves. The halves are ready to be cooked; for a more attractive presentation, follow Steps 7 and 8.



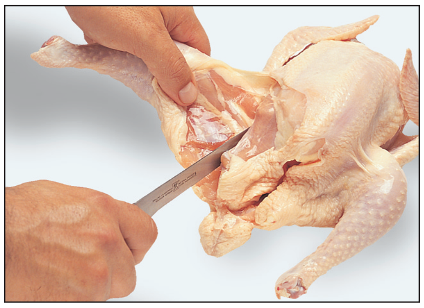
7 Trim off the wing tips and the ends of the leg bone.



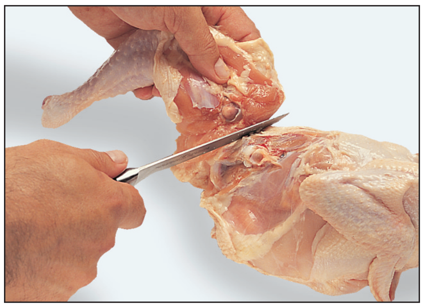
8 Make a slit in the skin below the leg and tuck the leg bone into the slit.

▶ PROCEDURE FOR CUTTING A BIRD INTO PIECES

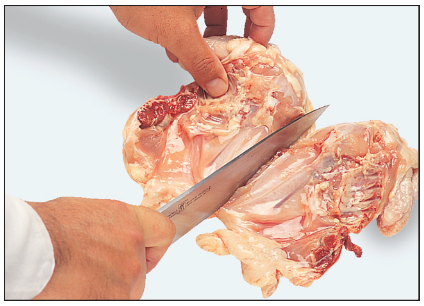
This is one of the most common butchering procedures. It is also very simple once you understand the bird's structure and are able to find each of its joints.



1 Remove the leg by pulling the leg and thigh away from the breast and cutting through the skin and flesh toward the thigh joint.



2 Cut down to the thigh joint, twist the leg to break the joint and cut the thigh and leg from the carcass. Be careful to trim around the oyster meat (the tender morsel of meat located next to the backbone); leave it attached to the thigh. Repeat with the other leg.



3 To split the breast, follow Steps 2 through 6 for cutting a bird in half. Cut the breast into two halves.



4 The bird is now cut into four quarters.



5 To cut the bird into six pieces, separate the thigh from the leg by making a cut guided by the line of fat on the inside of the thigh and leg.



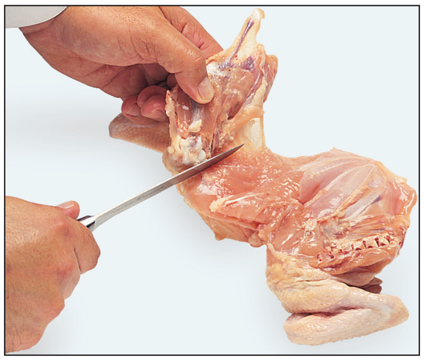
6 To cut the bird into eight pieces, separate the wing from the breast by cutting the joint, or split the breast, leaving a portion of the breast meat attached to the wing.

▶ PROCEDURE FOR PREPARING A BONELESS BREAST

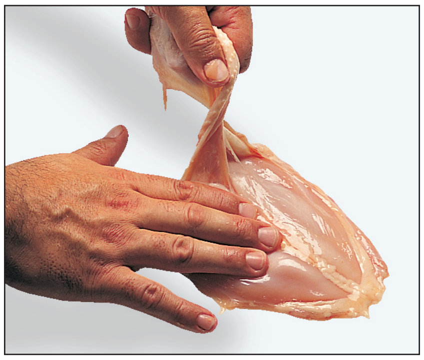
A boneless chicken breast is one of the most versatile and popular poultry cuts. It can be broiled, grilled, baked, sautéed, pan-fried or poached. Boneless turkey breast can be roasted or sliced and sautéed as a substitute for veal. The skin can be removed or left intact.



1 Remove the keel bone from the bone-in breast, following Steps 4, 5 and 6 for cutting a bird in half.



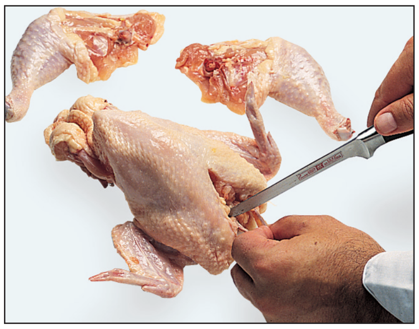
2 With the chicken breast lying skin side down, separate the rib bones, wing and wishbone from the breast. Leave the two tender pieces of meat known as the tenderloins attached to the breast. Repeat the procedure on the other side, being sure to remove the small wishbone pieces from the front of the breast.



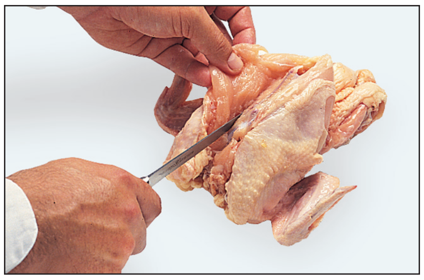
3 The skin may be left intact or removed to produce a skinless boneless breast.

▶ PROCEDURE FOR PREPARING A SUPRÊME OR AIRLINE BREAST

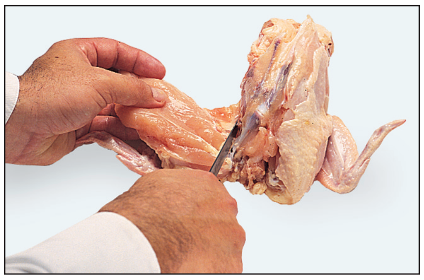
A chicken suprême or airline breast is half of a boneless chicken breast with the first wing bone attached. The tip of the wing bone is removed, yielding a neat and attractive portion that can be prepared by a variety of cooking methods. The skin can be left on or removed.



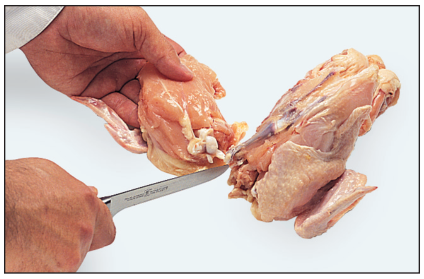
1 Remove the legs from a chicken following Steps 1 and 2 for cutting a bird into pieces. Place the bird on its back. Locate the wishbone, trim around it and remove it.



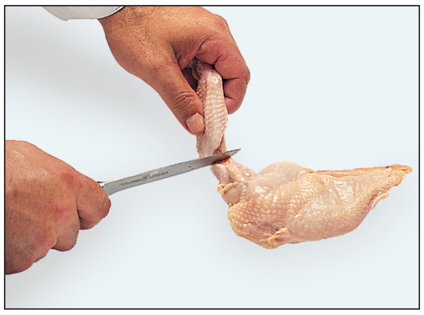
2 Cut along one side of the breast bone, separating the meat from the bone.



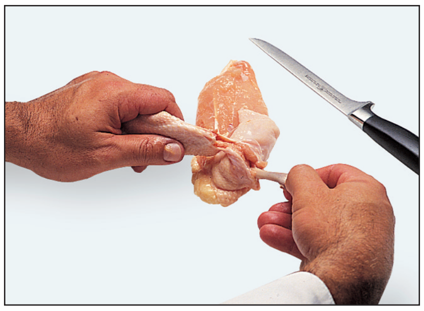
3 Following the natural curvature of the ribs, continue cutting to remove the meat from the bones.



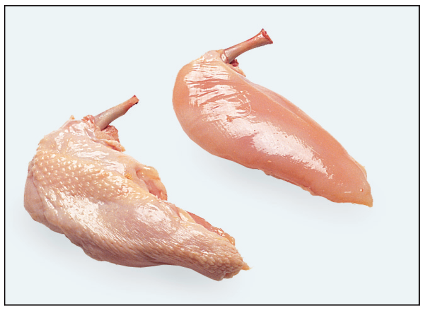
4 When you reach the wing joint, cut through the joint, keeping the wing attached to the breast portion. Cut the breast free from the carcass.



5 Make a cut on the back of the joint between the first and second wing bones.



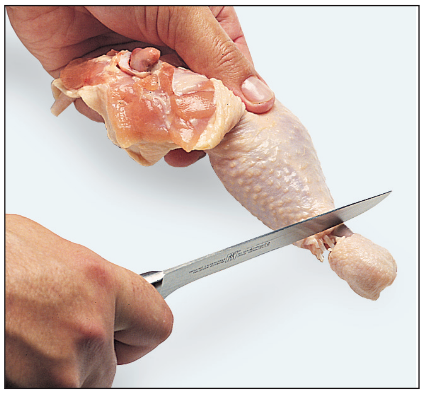
6 Break the joint and pull the meat and skin back to expose a clean bone. Trim the wing bone.



7 The suprême can be prepared skin-on or skinless.

▶ PROCEDURE FOR BONING A CHICKEN LEG AND THIGH

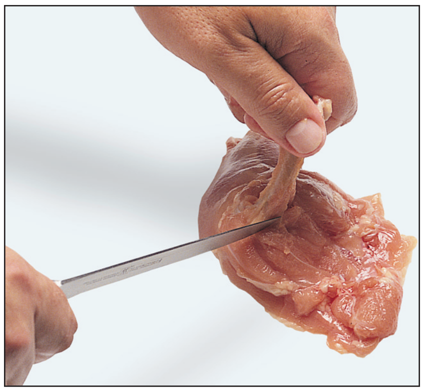
Chicken breasts are usually more popular than legs and thighs. There are, however, uses for boneless, skinless leg and thigh meat; they can be stuffed or used for ballotines, for example.



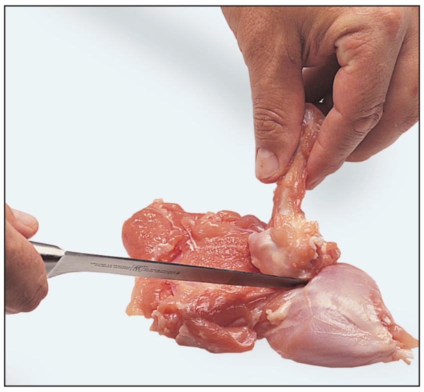
1 Carefully cut through the skin, meat and tendons at the base of the leg. Be sure to cut through completely to the bone.



2 Pull the skin off the leg with your hands, then break the joint between the leg and thigh. Twist and pull out the leg bone.



3 Working from the inside of the thigh bone, separating it from the meat.



4 Cut around the cartilage at the joint between the leg and thigh and remove the thigh bone and cartilage.

MARINATING POULTRY

Most poultry is quite mild in flavor, so a marinade is often used to add flavor and moisture, especially to poultry that will be broiled or grilled. Barbecued chicken is a simple and popular example of marinated poultry. Other poultry marinades can be a mixture of white wine or lemon juice, oil, salt, pepper, herbs and spices, such as that given in Recipe 18.1.

WHITE WINE MARINADE

RECIPE 18.1

Yield: 1 qt. (1 lt)

Garlic, minced	2 tsp.	10 ml
Onion, small dice	5 oz.	150 g
Dry white wine	24 fl. oz.	750 ml
Bay leaves	2	2
Dried thyme	2 tsp.	10 ml
White pepper	1 tsp.	5 ml
Salt	1 Tbsp.	15 ml
Lemon juice	1 fl. oz.	30 ml
Vegetable oil	4 fl. oz.	120 ml

1 Combine all ingredients.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 35, **Total fat** 3.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 220 mg, **Total carbohydrates** 1 g, **Protein** 0 g, Claims—no saturated fat; no cholesterol; no sugar; low calorie

Poultry absorbs flavors quickly, so if pieces are left too long in an acidic marinade, they may take on undesirable flavors. Two hours is often sufficient, with smaller pieces requiring less time in the marinade than larger ones.

If the marinade contains oil, drain the poultry well to avoid flare-up when the item is placed on the broiler or grill. Use a clean kitchen towel or a paper towel to wipe excess moisture from the poultry's surface so that it browns more easily. The marinade can be used to baste the item during cooking, but leftover marinade should not be served uncooked or reused because of the danger of bacterial contamination from the raw poultry.

APPLYING VARIOUS COOKING METHODS

The principles of cooking discussed in Chapter 10 and applied to meats in earlier chapters also apply to poultry. Dry-heat methods are appropriate for young, tender birds. Moist-heat methods should be used with older, less tender products.

DRY-HEAT COOKING METHODS

Cooking poultry with dry-heat methods—broiling and grilling, roasting, sautéing, pan-frying and deep-frying—presents some unique challenges. Large birds such as turkeys benefit from low-heat cooking but are better when served with the crispy skin gained through higher temperatures. Duck and goose skins contain a great deal of fat that must be rendered during the cooking

process. Small birds such as squab must be cooked at sufficiently high temperatures to crisp their skins but can be easily overcooked. Boneless chicken breasts, particularly flavorful and popular when broiled or grilled, are easily overcooked and become dry because they do not contain bones to help retain moisture during cooking. Proper application of the following dry-heat cooking methods will help meet these challenges and ensure a good-quality finished product.

BROILING AND GRILLING

Broiled and grilled poultry should have a well-browned surface and can show crosshatched grill marks. It should be moist, tender and juicy throughout. It may be seasoned to enhance its natural flavors or marinated or basted with any number of flavored butters or sauces.

Selecting Poultry to Broil or Grill

Smaller birds such as Cornish hens, chickens and squab are especially well suited for broiling or grilling. Whole birds should be split or cut into smaller pieces before cooking; their joints may be broken so that they lie flat. Quail and other small birds can be skewered before being broiled to help them cook evenly and retain their shape. Be especially careful when cooking breast portions or boneless pieces; the direct heat of the broiler or grill can overcook the item very quickly.

Seasoning Poultry to Be Broiled or Grilled

Poultry is fairly neutral in flavor and responds well to marinating. Poultry may also be basted periodically during the cooking process with flavored butter, oil or barbecue sauce. At the very least, broiled or grilled poultry should be well seasoned with salt and pepper just before cooking.

Determining Doneness

With the exception of duck breasts and squab, which are sometimes left pink, broiled or grilled poultry is always cooked well done. This makes the poultry particularly susceptible to becoming dry and tough because it contains little fat and is cooked at very high temperatures. Particular care must be taken to ensure that the item does not become overcooked.

Four methods are used to determine the doneness of broiled or grilled poultry:

1. *Touch*—When the item is done, it will have a firm texture, resist pressure and spring back quickly when pressed with a finger.
2. *Temperature*—Use an instant-read thermometer to determine the item's internal temperature. This may be difficult, however, because of the item's size and the heat from the broiler or grill. Insert the thermometer in the thickest part of the item away from any bones. It should read 165°F–170°F (74°C–77°C) at the coolest point.
3. *Looseness of the joints*—When bone-in poultry is done, the leg will begin to move freely in its socket.
4. *Color of the juices*—Poultry is done when its juices run clear or show just a trace of pink. This degree of doneness is known in French as ***à point.***

Accompaniments to Broiled and Grilled Poultry

If the item was basted with an herb butter, it can be served with additional butter; if the item was basted with barbecue sauce, it should be served with the same sauce. Be careful, however, that any marinade or sauce that came in contact with the raw poultry is not served unless it is cooked thoroughly to destroy harmful bacteria. Additional sauce suggestions are found in Table 11.5.

Broiled or grilled poultry is very versatile and goes well with almost any side dish. Seasoned and grilled vegetables are a natural accompaniment, and deep-fried potatoes are commonly served.

▶ PROCEDURE FOR BROILING OR GRILLING POULTRY

As with meats, broiled or grilled poultry can be prepared by placing it directly on the grate. Poultry is also often broiled using a rotisserie.

1. Heat the broiler or grill.
2. Use a wire brush to remove any charred or burnt particles that may be stuck to the broiler or grill grate. The grate can be wiped with a lightly oiled towel to remove any remaining particles and help season it.
3. Prepare the item to be broiled or grilled by marinating or seasoning as desired; it may be brushed lightly with oil to keep it from sticking to the grate.
4. Place the item on the grate, presentation side (skin side) down. Following the example in Chapter 10, turn the item to produce the attractive crosshatch marks associated with grilling. Baste the item often. Use tongs to turn or flip the item without piercing the surface so that juices do not escape.
5. Develop the proper surface color while cooking the item until it is done *à point*. To do so, adjust the position of the item on the broiler or grill, or adjust the distance between the grate and heat source. Large pieces and bone-in pieces that are difficult to cook completely on the broiler or grill can be finished in the oven.

A commonly used procedure to cook a large volume of poultry is to place the seasoned items in a broiler pan or other shallow pan and then place the pan directly under the broiler. Baste the items periodically, turning them once when they are halfway done. Items begun this way can be easily finished by transferring the entire pan to the oven.

GRILLED CHICKEN BREAST WITH RED PEPPER BUTTER

RECIPE 18.2

Yield: 4 Servings **Method:** Grilling

Chicken breast, boneless, skinless	2	2
Salt and pepper	TT	TT
Garlic, chopped	1 tsp.	1 tsp.
Vegetable oil	1 Tbsp.	15 ml
Red pepper butter (page 224)	2 oz.	60 g

1. Trim any excess fat from the breasts. Split each breast into two pieces by removing the small piece of cartilage that joins the halves.
2. Season the breasts with the salt, pepper and garlic. Coat the breasts on all sides with the vegetable oil.
3. Heat and prepare the grill.
4. Grill the chicken breasts until done, turning them to produce attractive crosshatch markings.
5. Remove the chicken from the grill and place on a plate for service. Place a ½-ounce (15-gram) slice of red pepper butter on top of each breast. If necessary, place the plate under a broiler or salamander for a few seconds so that the butter begins to melt.

Approximate values per serving: **Calories** 240, **Total fat** 14 g, **Saturated fat** 6 g, **Cholesterol** 95 mg, **Sodium** 60 mg, **Total carbohydrates** 1 g, **Protein** 28 g, **Vitamin A** 10%, **Vitamin C** 15%



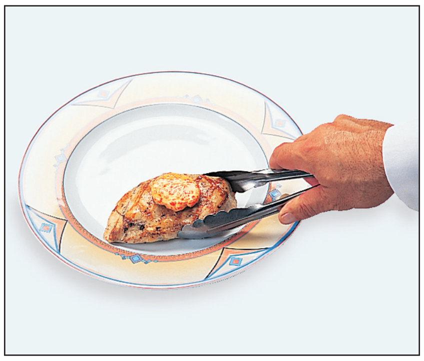
1 Season the chicken breasts.



2 Place the chicken on the grill at a 45° angle to the grates.



3 Using tongs, turn the chicken to cook the other side.



4 The cooked chicken is topped with red pepper butter.

ROASTING

Properly roasted (or baked) poultry is attractively browned on the surface and tender and juicy throughout. Proper cooking temperatures ensure a crisp exterior and juicy interior. Most roasted poultry is cooked until the juices run clear. Squab and duck breasts are exceptions; they are often served medium rare or pink.

Selecting Poultry to Roast

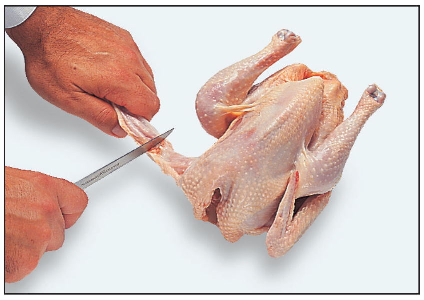
Almost every kind of poultry is suitable for roasting, but younger birds produce a more tender finished product. Because of variations in fat content, different kinds of poultry require different roasting temperatures and procedures.

▶ PROCEDURE FOR TRUSSING POULTRY

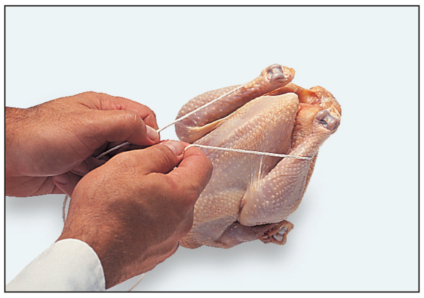
Trussing is tying a bird into a more compact shape with thread or butcher's twine. Trussing allows the bird to cook more evenly, helps the bird retain moisture and improves the appearance of the finished product. There are many methods for trussing poultry, some of which require a special tool called a trussing needle. Here we show a simple method using butcher's twine.

Seasoning Poultry to Be Roasted

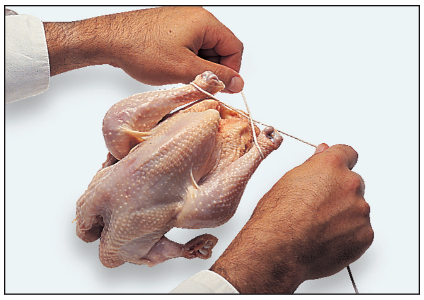
Although the mild flavor of most poultry is enhanced by a wide variety of herbs and spices, roasted poultry is often only lightly seasoned with salt and pepper. Poultry that is roasted at high temperatures should never be seasoned with herbs on its surface because the high cooking temperatures will burn them. If herbs or additional spices are used, they should be stuffed into the cavity. A mirepoix or a bouquet garni may also be added to the cavity for additional flavor. The cavities of dark-meated birds such as ducks and geese are often stuffed with fresh or dried fruits.



1 Square up the bird by pressing it firmly with both hands. Tuck the first joint of the wing behind the back or trim off the first and second joints as shown.



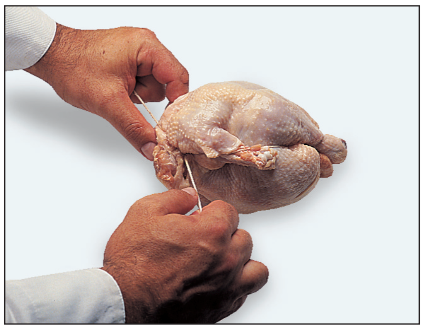
2 Cut a piece of butcher's twine approximately three times the bird's length. With the breast up and the neck toward you, pass the twine under the bird approximately 1 inch (2.5 centimeters) in front of the tail.



3 Bring the twine up around the legs and cross the ends, creating an X between the legs. Pass the ends of the twine below the legs.



4 Pull the ends of the twine tightly across the leg and thigh joints and across the wings if the first and second joints are trimmed off, or just above the wings if they are intact.



5 Pull the string tight and tie it securely just above the neck.



6 Two examples of properly trussed birds: one with the wings intact and one with the first and second wing joints removed.

Barding Poultry to Be Roasted

Guineas, squabs or any skinless birds without an adequate fat covering to protect them from drying out during roasting can be barded. Bard the bird by covering its entire surface with thin slices of fatback, securing them with butcher's twine. See page 290.

Cooking Temperatures

Small birds such as squab and Cornish game hens should be roasted at the relatively high temperatures of 375°F–400°F (190°C–200°C). These temperatures help produce crisp, well-colored skins without overcooking the flesh. Chickens are best roasted at temperatures between 350°F and 375°F (180°C and 190°C). This temperature range allows the skin to crisp and the flesh to cook without causing the bird to stew in its own juices. Large birds such as capons and turkeys are started at high temperatures of 400°F–425°F (200°C–220°C) to brown the skin, then finished at lower temperatures of 275°F–325°F (135°C–160°C) to promote even cooking and produce a moister product. Ducks and geese, which are very high in fat, must be roasted at the high temperatures of 375°F–425°F (190°C–220°C) to render as much fat from the skin as possible. Duck and goose skins are often pricked before roasting so that the rendered fat can escape; this helps create a crispy skin.

Basting Roasted Poultry

With the exception of fatty birds such as ducks and geese, all poultry items should be basted while they roast in order to help retain moisture. To baste a bird, spoon or ladle the fat that collects in the bottom of the roasting pan over the bird at 15-to-20-minute intervals. Lean birds that are not barded will not produce enough fat for basting and may be brushed with butter in the same manner.

Determining Doneness

Four methods are used to determine the doneness of roasted poultry. It is best to use a combination of these methods.

1. *Temperature*—Test the internal temperature of the bird with an instant-read thermometer. The thermometer should be inserted in the bird's thigh, which is the last part to become fully cooked. It should not touch the bone and should read 165°F–170°F (74°C–77°C) at the coolest point. This method works best with large birds such as capons and turkeys. Large birds are subject to some degree of carryover cooking. This is not as much of a concern with poultry as it is with meat because large birds are always cooked well done.
2. *Looseness of the joints*—The thigh and leg will begin to move freely in their sockets when the bird is done.
3. *Color of juices*—This method is used with birds that are not stuffed. Use a kitchen fork to tilt the bird, allowing some of the juices that have collected in the cavity to run out. Clear juices indicate that the bird is done. If the juices are cloudy or pink, the bird is undercooked.
4. *Time*—Because there are so many variables, timing alone is less reliable than other methods. It is useful, however, for planning production when large quantities are roasted and as a general guideline when used with other methods. Table 18.7 gives some general timing guidelines for roasting several kinds of poultry.

Accompaniments to Roasted Poultry

▶ **dressing** another name for a bread stuffing used with poultry

The most common accompaniments to roasted poultry are bread stuffing and gravy. Large birds, such as capons and turkeys, produce adequate drippings for making sauce or pan gravy. Small birds, such as squab and Cornish game hens, are often stuffed with wild rice or other ingredients and served with a sauce that is made separately.

Ducks and geese are complemented by stuffings containing rice, fruits, berries and nuts. They are very fatty, and if stuffed, they should be roasted on a rack or mirepoix bed to ensure that the fat that collects in the pan during roasting does not penetrate the cavity, making the stuffing greasy. Ducks and geese are often served with a citrus- or fruit-based sauce. Its high acid content complements these rich, fatty birds.

Table 18.7 ROASTING TEMPERATURES AND TIMES

POULTRY KIND OR CLASS	COOKING TEMPERATURES		MINUTES PER LB (500 g)
Capons	350–375°F	180–190°C	18–20 min.
Chickens	375–400°F	190–200°C	15–18 min.
Ducks and geese	375–425°F	190–220°C	12–15 min.
Game hens	375–400°F	190–210°C	45–60 min. total
Guineas	375–400°F	190–200°C	18–20 min.
Squab	400°F	200°C	30–40 min. total
Turkeys (large)	325°F	160°C	12–15 min.

▶ PROCEDURE FOR STUFFING POULTRY

Small birds such as Cornish game hens, small chickens and squab can be stuffed successfully. Stuffing larger birds, especially for volume production, is impractical and can be dangerous for the following reasons:

1. Stuffing is a good bacterial breeding ground, and because it is difficult to control temperatures inside a stuffed bird, there is a risk of food-borne illness.
2. Stuffing poultry is labor intensive.
3. Stuffed poultry must be cooked longer to cook the stuffing properly; this may cause the meat to be overcooked, becoming dry and tough.

When stuffing any bird, use the following guidelines:

1. Always be aware of temperatures when mixing the raw ingredients. All ingredients should be cold when they are mixed together, and the mixture's temperature should never be allowed to rise above 45°F (7°C).
2. Stuff the raw bird as close to roasting time as possible.
3. The neck and main body cavities should be loosely stuffed. The stuffing will expand during cooking.
4. After the cavities are filled, their openings should be secured with skewers and butcher's twine or by trussing.
5. After cooking, remove the stuffing from the bird and store separately.

▶ PROCEDURE FOR ROASTING POULTRY

1. Season, bard, stuff and/or truss the bird as desired.
2. Place the bird in a roasting pan. It may be placed on a rack or a bed of mirepoix in order to prevent scorching and promote even cooking.
3. Roast uncovered, basting every 15 minutes.
4. Allow the bird to rest before carving to allow even distribution of juices. As the bird rests, prepare the pan gravy or sauce.

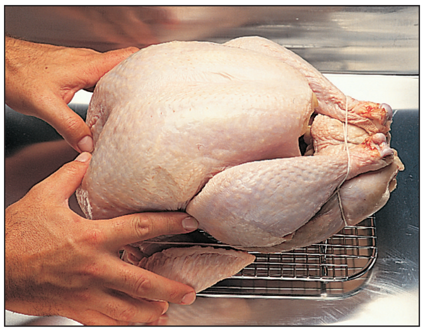
ROAST TURKEY WITH CHESTNUT DRESSING AND GIBLET GRAVY

RECIPE 18.3

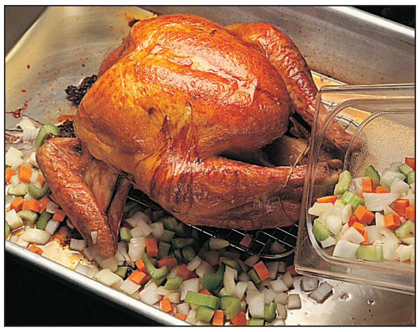
Yield: 16 Servings, 4 oz. (120 g) turkey, 3 oz. (90 g) dressing and 4 oz. (120 ml) gravy each

Method: Roasting

Young turkey, 12–15 lb. (5.5–6.5 kg) with giblets	1	1
Salt and pepper	TT	TT
Mirepoix	20 oz.	600 g
Onion, small dice	8 oz.	225 g
Celery, small dice	6 oz.	180 g
Whole butter	4 oz.	120 g
Dried bread cubes	2 lb.	1 kg
Eggs, beaten	2	2
Fresh parsley, chopped	1 Tbsp.	15 ml
Chicken stock	2¼ qt.	2 lt
Chestnuts, cooked and peeled, chopped coarse	8 oz.	225 g
All-purpose flour	3 oz.	90 g



1 Placing the trussed turkey in the roasting pan.



2 Adding the mirepoix to the roasting pan.



3 Tossing the dressing ingedients together.



4 Browning the mirepoix.



5 Deglazing the roasting pan.



6 Transferring the mirepoix and stock to a saucepot.



7 Straining the gravy through a china cap and cheesecloth.

1. Remove the giblets from the turkey's cavity and set aside. Season the turkey inside and out with salt and pepper. Truss the turkey.
2. Place the turkey in a roasting pan. Roast at 400°F (200°C) for 30 minutes. Reduce the temperature to 325°F (160°C) and continue cooking the turkey to an internal temperature of 160°F (71°C), approximately 2½ to 3 hours. Baste the turkey often during cooking. Approximately 45 minutes before the turkey is done, add the mirepoix to the roasting pan. If the turkey begins to overbrown, cover it loosely with aluminum foil.
3. To make the dressing, sauté the onions and celery in the butter until tender.
4. In a large bowl, toss together the bread cubes, salt, pepper, eggs, parsley, sautéed onions and celery, 4 ounces (120 milliliters) of chicken stock and the chestnuts.
5. Place the dressing in a buttered hotel pan and cover with aluminum foil or buttered parchment paper. Bake at 350°F (180°C) until done, approximately 45 minutes.
6. As the turkey roasts, simmer the giblets (neck, heart and gizzard) in 1 quart (1 liter) of the chicken stock until tender, approximately 1½ hours.
7. When the turkey is done, remove it from the roasting pan and set it aside to rest. Degrease the roasting pan, reserving 3 ounces (90 grams) of the fat to make a roux.

8 Place the roasting pan on the stove top and brown the mirepoix.

9 Deglaze the pan with a small amount of chicken stock. Transfer the mirepoix and stock to a saucepot, and add the remaining stock and the broth from the giblets. Bring to a simmer and degrease.

10 Make a blond roux with the reserved fat and the flour. Add the roux to the liquid, whisking well to prevent lumps. Simmer 15 minutes. Strain the gravy through a china cap lined with cheesecloth.

11 Remove the meat from the turkey neck. Trim the gizzard. Finely chop the neck meat, heart and gizzard and add to the gravy. Adjust the seasonings.

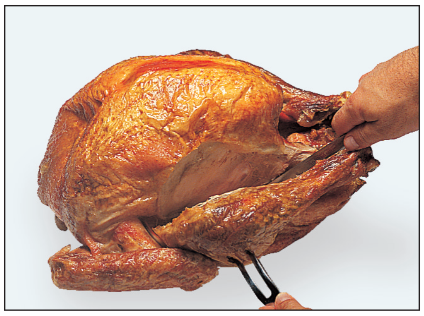
12 Carve the turkey and serve with a portion of chestnut dressing and giblet gravy.

Approximate values per serving: **Calories** 720, **Total fat** 23 g, **Saturated fat** 9 g, **Cholesterol** 250 mg, **Sodium** 700 mg, **Total carbohydrates** 41 g, **Protein** 87 g, **Vitamin A** 6%, **Iron** 40%

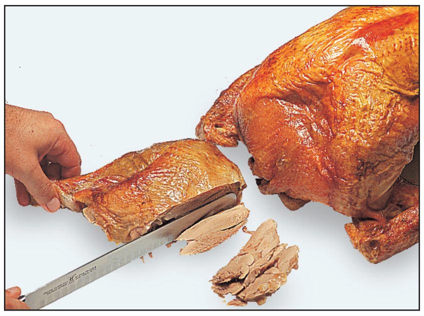
Carving Roasted Poultry

Poultry can be carved in the kitchen, at tableside or on a buffet in a variety of manners. The carving methods described next produce slices of both light and dark meat.

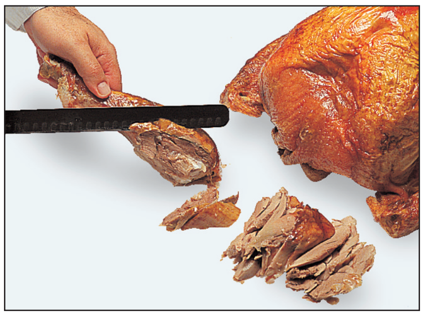
▶ PROCEDURE FOR CARVING A TURKEY, CAPON OR OTHER LARGE BIRD



1 After roasting, allow the turkey to stand for 20 minutes so that the juices can redistribute themselves. Holding the turkey firmly with a carving fork, pry a leg outward and locate the joint. Remove the leg and thigh in one piece by cutting through the joint with the tip of a knife.



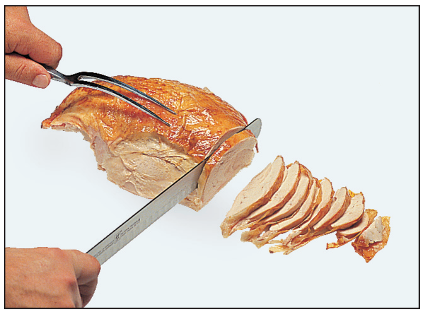
2 Repeat the procedure on the other side. Once both legs and thighs have been removed, slice the meat from the thigh by holding the leg firmly with one hand and slicing parallel to the bone.



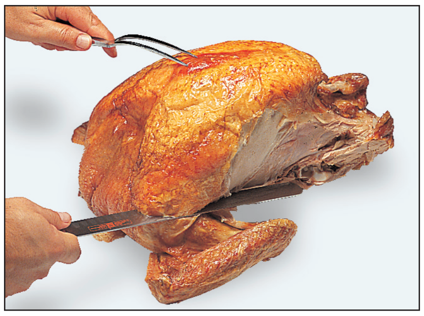
3 Separate the thigh from the leg bone by cutting through the joint. Slice the meat from the leg by cutting parallel to the bone.



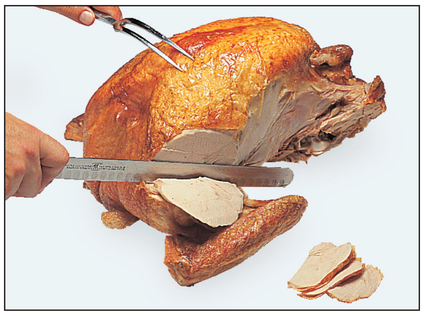
4 Cut along the backbone, following the natural curvature of the bones separating the breast meat from the ribs.



5 Remove an entire half breast and slice it on the cutting board as shown. Cut on an angle to produce larger slices.

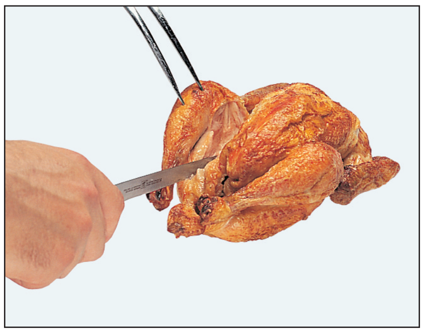


6 Alternatively, the breast can be carved on the bird. Make a horizontal cut just above the wing in toward the rib bones.

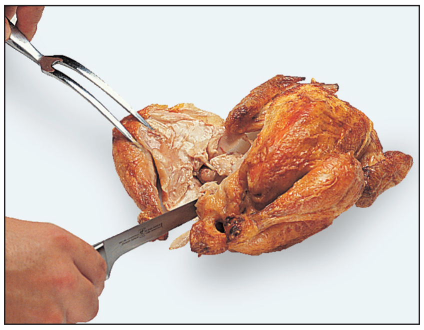


7 Slice the breast meat as shown.

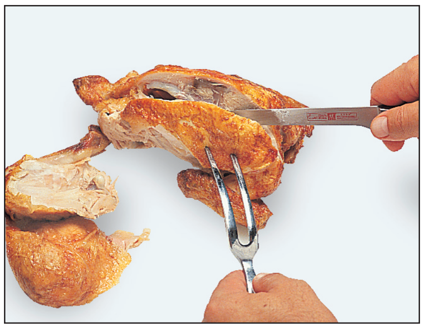
▶ PROCEDURE FOR CARVING A CHICKEN OR OTHER SMALL BIRD



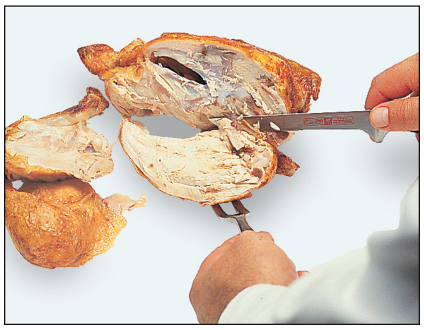
1 After allowing the roasted chicken to rest for 15 minutes so that the juices can redistribute themselves, cut through the skin between the leg and breast.



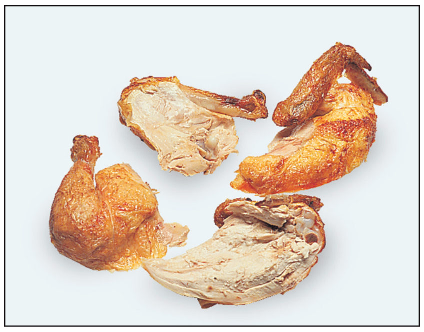
2 Use a kitchen fork to pry the leg and thigh away from the breast. Locate the thigh's ball joint and cut through it with the knife tip, separating it completely from the rest of the chicken. Be sure to cut around the delicate oyster meat, leaving it attached to the thigh.



3 With the knife tip, cut through the skin and meat on one side of the breast bone. Cut and pull the meat away from the bones with the knife.



4 Cut through the wing joint, separating the breast meat and wing from the carcass. Repeat this procedure on the other side of the bird.



5 The chicken is now quartered.



6 To cut it into eight pieces, separate the wings from the breasts and the thighs from the legs.

POÊLÉING

Poêléing (pwah-lay-ing) is a cooking method similar to both roasting and braising. The item is cooked in the oven in a covered pot so that it cooks in its own juices and steam. Although this is a moist-heat cooking technique (because the item steams in its own juices), it is used only for tender cuts, not those that need long, slow braising. The cooking time is usually shorter than that needed for dry roasting.

The item to be poêléed can first be browned in hot fat and then laid on a bed of matignon, covered and cooked in the oven. If the item was not first browned in hot fat, it can later be browned by removing the lid toward the end of cooking. Doneness is determined using the same techniques as those used for roasting.

Vegetables to be served with the dish can be added to the poêlé as it cooks or cooked separately and plated with the finished item.

The sauce for a poêlé is made from the flavorful cooking juices left in the pan. They are mixed with a liquid (stock, jus lie or demi-glace) and finished using the same techniques as those for a braised dish. The matignon can be left in the finished sauce or strained out.

▶ PROCEDURE FOR POÊLÉING POULTRY

1. Sear the main item in hot butter or oil, if desired.
2. Place the main item on a bed of matignon. Add vegetables or other ingredients as called for in the recipe.
3. Cover and cook in the oven until done. Baste periodically with pan juices or with additional butter.
4. If the main item was not first browned in hot fat, it can be browned by removing the lid toward the end of the cooking period, if desired.
5. Remove the main item when done.
6. To make a sauce, add a liquid to the matignon and cooking juices in the pan and reduce. Remove the matignon if desired and add flavorings as directed in the recipe.

POÊLÉ OF CHICKEN WITH PEARL ONIONS AND MUSHROOMS

RECIPE 18.4

Yield: 4 Servings **Method:** Poêléing

Chickens, 2 lb. 8 oz.–3 lb. (1–1.4 kg) each	2	2
Salt and pepper	TT	TT
Fresh herbs, assorted stems and sprigs	2 oz.	60 g
Butter, clarified	4 fl. oz.	120 ml
Matignon:		
Slab bacon or smoked ham, small dice	3 oz.	90 g
Onion, small dice	6 oz.	180 g
Celery, small dice	3 oz.	90 g
Carrot, small dice	3 oz.	90 g
Garlic, chopped	2 tsp.	10 ml
Pearl onions, blanched and peeled	4 oz.	120 g
Button mushrooms, stemmed	8 oz.	240 g
White wine	4 fl. oz.	120 ml
Demi-glace	2 pt.	1 lt
Tomato concassée	4 oz.	120 g
Fresh herbs, assorted, chopped	2 tsp.	10 ml



1 Place the chicken on the matignon.



2 Baste the chicken with fat from the pan during cooking.



3 Carefully remove the cooked chicken from the pan.



4 The plated poêlé of chicken.

1 Season the chicken cavities with salt and pepper and stuff them with the herb stems and sprigs. Truss the birds and season the outside with salt and pepper.
2 Heat half the butter in a roasting pan that is just large enough to hold the birds without crowding. Sauté the bacon until most of the fat is rendered. Add the diced onions, celery and carrots and sauté until they begin to brown. Add the garlic and cook for 1 more minute.
3 Place the trussed chickens on top of the matignon. Baste them with the remaining butter. Cover the roasting pan with its lid and place in a 325°F (160°C) oven until done, approximately 1½ hours, basting the chickens with fat from the pan every 20 minutes. Remove the lid for the last 30 minutes of cooking to allow the chickens to brown lightly.
4 Remove the chickens from the pan and allow them to rest in a warm place. Place the roasting pan on the stove top. Remove a small amount of the accumulated fat from the roasting pan to a sauté pan and sauté the onions and mushrooms in the sauté pan until nearly tender.
5 Bring the liquid in the roasting pan to a boil; remove any excess fat or scum with a ladle. Add the white wine and reduce by half. Add the demi-glace and bring to a simmer. Adjust the thickness of the sauce. If desired, strain the sauce. Add the onions, mushrooms, tomato concassée and chopped herbs to the sauce. Bring to a simmer and adjust the seasonings.
6 Carve the chickens and serve them with a portion of the sauce and vegetables.

Approximate values per serving: **Calories** 1670, **Total fat** 106 g, **Saturated fat** 39 g, **Cholesterol** 475 mg, **Sodium** 2110 mg, **Total carbohydrates** 48 g, **Protein** 129 g, **Vitamin A** 170%, **Vitamin C** 50%, **Calcium** 10%, **Iron** 45%

SAUTÉING

Sautéed poultry should be tender and juicy, its flavor developed by proper browning. Additional flavors come from a sauce made by deglazing the pan, usually with wine, and adding garnishes, seasonings and liquids. Stir-frying is a popular method of sautéing poultry; boneless pieces are cut into strips and quickly cooked with assorted vegetables and seasonings.

Selecting Poultry to Sauté

Most poultry is quite tender and well suited for sautéing. Although small birds such as squab can be sautéed bone-in, large pieces and bone-in cuts from larger birds should not be sautéed. Boneless breasts, suprêmes, scallops and cutlets are the most common and practical cuts for sautéing. Because they are high in fat, boneless duck breasts can be sautéed without additional fat.

Seasoning Poultry to Be Sautéed

Poultry has a delicate flavor that is enhanced by a wide variety of herbs, spices, condiments and marinades. Flavor combinations are limited only by your imagination. When poultry items are dusted with flour before sautéing, the seasonings may first be added to the flour.

Cooking Temperatures

The sauté pan and the cooking fat must be hot before the poultry is added. The temperature at which the poultry is then sautéed is determined by its thickness and the desired color of the finished product. A thin, boneless slice requires relatively high temperatures so that its surface is browned before the center is overcooked. A thicker cut such as a suprême requires lower temperatures so that neither its surface nor the fond are burned before the item is fully cooked. Adjust the temperature throughout the cooking process in order to achieve the desired results, never letting the pan become too cool.

If the pan is overcrowded or otherwise allowed to cool, the poultry will cook in its own juices and absorb oil from the pan, resulting in a poor-quality product.

Determining Doneness

Thin cuts of poultry cook very quickly, so timing is a useful tool; it is less useful with thicker cuts. Experienced cooks can tell the doneness of an item by judging the temperature of the sauté pan and the color of the item being cooked.

A more practical method is to press the item with your finger and judge the resistance. Very undercooked poultry will offer little resistance and feel mushy. Slightly underdone poultry will feel spongy and will not spring back when your finger is removed. Properly cooked poultry will feel firm to the touch and will spring back when your finger is removed. Overcooked poultry will feel very firm, almost hard, and will spring back quickly when your finger is removed.

Accompaniments to Sautéed Poultry

Sautéed poultry is usually served with a sauce made directly in the pan in which the item was cooked. The sauce uses the fond for added flavor. A wide variety of ingredients, including garlic, onions, shallots, mushrooms and tomatoes, are commonly added to the pan as well as wine and stock. Table 11.5 suggests several sauces for sautéed poultry.

Sautéed items are often served with a starch such as pasta, rice or potatoes.

▶ PROCEDURE FOR SAUTÉING POULTRY

1. Heat a sauté pan and add enough fat or oil to just cover the bottom.
2. Add the poultry item, presentation side down, and cook until browned.
3. Turn the item, using tongs or by tossing the item back upon itself using the pan's sloped sides.
4. Larger items can be finished in an oven. Either place the sauté pan in the oven or transfer the poultry to another pan. The latter procedure allows a sauce to be made in the original pan as the poultry cooks in the oven. Hold smaller pieces that are thoroughly cooked in a warm place so that the pan can be used for making the sauce.

▶ PROCEDURE FOR PREPARING A SAUCE IN THE SAUTÉ PAN

1. Pour off any excess fat or oil from the sauté pan, leaving enough to sauté the sauce ingredients.
2. Add ingredients such as garlic, shallots and mushrooms that will be used as garnishes and sauce flavorings; sauté them.
3. Deglaze the pan with wine, stock or other liquids. Scrape the pan, loosening the fond and allowing it to dissolve in the liquid. Reduce the liquid.

4 Add any ingredients that do not require long cooking times such as herbs and spices. Adjust the sauce's consistency and seasonings.
5 For service, the poultry can be returned to the pan for a moment to reheat it and to coat it with the sauce. The poultry should remain in the sauce just long enough to reheat. Do not attempt to cook the poultry in the sauce.
6 Serve the poultry with the accompanying sauce.

RECIPE 18.5

CHICKEN SAUTÉ WITH ONIONS, GARLIC AND BASIL



1 Sautéing the breasts in butter.



2 The fond left in the pan after sautéing the chicken.



3 Sautéing the onions and garlic.

Yield: 6 Servings, 5-oz. (150-g) each **Method:** Sautéing

Chicken breasts, boneless, skinless, approx. 8 oz. (250 g) each	3	3
Salt and pepper	TT	TT
Flour	as needed for dredging	
Clarified butter	1 fl. oz.	30 ml
Onion, small dice	2 oz.	60 g
Garlic cloves, chopped	6	6
Dry white wine	4 fl. oz.	120 ml
Lemon juice	1 Tbsp.	15 ml
Tomato concassée	6 oz.	180 g
Chicken stock	4 fl. oz.	120 ml
Fresh basil leaves, chiffonade	6	6

1 Split the chicken breasts and remove the cartilage connecting the two halves.
2 Season the chicken with salt and pepper; dredge in flour.
3 Sauté the breasts in the butter, browning them and cooking *à point*. Hold in a warm place.
4 Add the onions and garlic to the fond and butter in the pan; sauté until the onions are translucent.
5 Deglaze the pan with the white wine and lemon juice.
6 Add the tomato concassée and chicken stock. Sauté to combine the flavors; reduce the sauce to the desired consistency.
7 Add the basil to the sauce and return the chicken breasts for reheating. Adjust the seasonings and serve one half breast per portion with a portion of the sauce.

Approximate values per 5-oz. (150-g) serving: **Calories** 230, **Total fat** 8 g, **Saturated fat** 3.5 g, **Cholesterol** 90 mg, **Sodium** 580 mg, **Total carbohydrates** 9 g, **Protein** 30 g, **Vitamin C** 10%, **Iron** 10%



4 Deglazing the pan with white wine and lemon juice.



5 Adding the tomatoes and chicken stock and sautéing to combine the flavors.



6 Returning the chicken to the pan to reheat.

PAN-FRYING

Pan-fried poultry should be juicy. Its coating or batter should be crispy, golden brown, not excessively oily and free from any breaks that allow fat to penetrate. Both the poultry and the coating should be well seasoned.

Selecting Poultry to Pan-Fry

The most common pan-fried poultry is fried chicken. Young tender birds cut into small pieces produce the best results. Other cuts commonly pan-fried are boneless portions such as chicken breasts and turkey scallops.

Seasoning Poultry to Be Pan-Fried

Pan-fried poultry is usually floured, breaded or battered before cooking. (Breadings and batters are discussed in Chapter 9, Mise en Place.) Typically, the seasonings are added to the flour, breading or batter before the poultry is coated. Seasonings can be a blend of any number of dried herbs and spices. But often only salt and pepper are required because the poultry will be served with a sauce or other accompaniments for additional flavors.

Cooking Temperatures

The fat should always be hot before the poultry is added. The temperature at which it is cooked is determined by the length of time required to cook it thoroughly. Pan-frying generally requires slightly lower temperatures than those used for sautéing. Within this range, thinner items require higher temperatures to produce good color in a relatively short time. Thicker items and those containing bones require lower cooking temperatures and longer cooking times.

Determining Doneness

Even the largest pan-fried items may be too small to be accurately tested with an instant-read thermometer, and using the touch method can be difficult and dangerous because of the amount of fat used in pan-frying. So timing and experience are the best tools to determine doneness. Thin scallops cook very quickly, so it is relatively easy to judge their doneness. On the other hand, fried chicken can take as long as 30–45 minutes to cook, requiring skill and experience to determine doneness.

Accompaniments to Pan-Fried Poultry

Because pan-frying does not produce fond or drippings that can be used to make a sauce, pan-fried poultry is usually served with lemon wedges, a vegetable garnish or a separately made sauce. Fried chicken is an exception; it is sometimes served with a country gravy made by degreasing the pan, making a roux with a portion of the fat and adding milk and seasonings.

▶ PROCEDURE FOR PAN-FRYING POULTRY

1. Heat enough fat in a heavy sauté pan to cover the item to be cooked one quarter to halfway up its side. The fat should be at approximately 325°F (163°C).
2. Add the floured, breaded or battered item to the hot fat, being careful not to splash. The fat must be hot enough to sizzle and bubble when the item is added.
3. Turn the item when the first side is the proper color; it should be half cooked at this point. Larger items may need to be turned more than once to brown them properly on all sides.
4. Remove the browned poultry from the pan and drain it on absorbent paper.

RECIPE 18.6

PAN-FRIED CHICKEN WITH PAN GRAVY



1 Dipping the chicken pieces in the buttermilk.



2 Dredging the chicken in the flour mixture.



3 Adding the chicken to the oil. The bubbling fat indicates the proper cooking temperature.

Yield: 8 Servings, 2-pieces each **Method:** Pan-Frying

Frying chickens, 2 lb. 8 oz.–3 lb. (1.1–1.4 kg) each, cut in 8 pieces	2	2
Salt and pepper	TT	TT
Garlic powder	2 tsp.	10 ml
Onion powder	2 tsp.	10 ml
Dried oregano	1 tsp.	5 ml
Dried basil	1 tsp.	5 ml
Flour	9½ oz.	270 g
Buttermilk	8 fl. oz.	250 ml
Oil	as needed	as needed
Onion, small dice	4 oz.	120 g
Half-and-half or chicken stock	1½ pt.	750 ml

1. Season the chicken with salt and pepper.
2. Add the herbs and spices to 8 ounces (250 grams) of the flour.
3. Dip the chicken pieces in the buttermilk.
4. Dredge the chicken in the seasoned flour.
5. Pan-fry the chicken in oil until done, approximately 40 minutes, turning so that it cooks evenly. Reduce the heat as necessary to prevent the chicken from becoming too dark. Or remove the chicken when well browned, drain it and finish cooking it in the oven.
6. To make the pan gravy, pour off all but 3 tablespoons (45 milliliters) of oil from the pan, carefully reserving the fond.
7. Add the diced onions and sauté until translucent.
8. Add 1½ ounces (45 grams) of flour and cook to make a blond roux.
9. Whisk in the liquid and simmer approximately 15 minutes.
10. Strain through cheesecloth and adjust the seasonings.
11. Serve 2 pieces of chicken per person with 4 fluid ounces (120 milliliters) of gravy.

Approximate values per 2-piece serving (6-7 ounces), before frying: **Calories** 650, **Total fat** 31 g, **Saturated fat** 12 g, **Cholesterol** 190 mg, **Sodium** 190 mg, **Total carbohydrates** 32 g, **Protein** 57 g, **Fiber** 1 g, **Vitamin A** 15%, **Vitamin C** 4%, **Calcium** 15%, **Iron** 20%,



4 Turning the chicken so that it cooks evenly.



5 Sautéing the diced onions until translucent.



6 Adding the liquid to the roux.

DEEP-FRYING

Young, tender poultry are an excellent and popular choice for deep-frying. The pieces should be golden brown on the outside and moist and tender on the inside. They should be neither greasy nor tough. Chopped cooked poultry can

also be mixed with a heavy béchamel or velouté sauce and seasonings, breaded and deep-fried as croquettes, which are discussed in Chapter 20, Fish and Shellfish.

Selecting and Seasoning Poultry to Be Deep-Fried

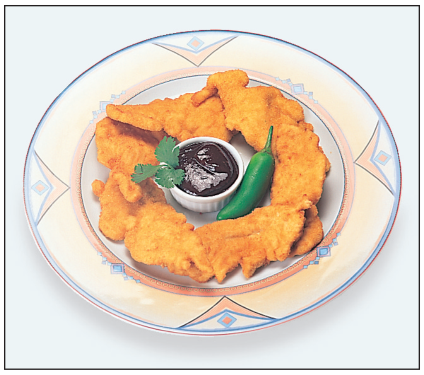
Portioned chickens and whole small birds, such as Rock Cornish game hen, are best for deep-frying. Although they can be marinated or seasoned directly, it is more common to season the batter or breading that will coat them. Additional flavors come from the sauces and accompaniments served with the deep-fried poultry. Lemon wedges, sweet and sour sauce or tangy barbecue sauces are popular accompaniments to deep-fried poultry.

▶ PROCEDURE FOR DEEP-FRYING POULTRY

1. Cut, trim or otherwise prepare the poultry to be deep-fried. Season and bread or batter it, as desired.
2. Heat the fat to the desired temperature, usually around 350°F (177°C). Breaded or battered poultry cooks quickly and the fat must be hot enough to cook the food's interior without burning its surface.
3. Carefully place the poultry in the hot fat using the basket method.
4. Deep-fry the food until done. It should have a crispy, golden brown surface.
5. Remove the deep-fried poultry from the fat and hold it over the fat, allowing the excess fat to drain. Transfer the food to a hotel pan either lined with absorbent paper or fitted with a rack. Season with salt, if desired.
6. If the deep-fried poultry is to be held for later service, place it under a heat lamp.

SPICY FRIED CHICKEN TENDERS WITH CHIPOTLE DIPPING SAUCE

RECIPE 18.7



Yield: 4 Servings **Method:** Deep-Frying

Chicken tenders (or tenderloins), tendons removed	24	24
Seasoned flour:		
Flour	8 oz.	450 g
Chilli powder	3 Tbsp.	45 ml
Paprika	3 Tbsp.	45 ml
Granulated garlic	2 Tbsp.	30 ml
Black pepper	2 tsp.	10 ml
Cayenne pepper	1 Tbsp.	15 ml
Dried thyme	1 Tbsp.	15 ml
Dried oregano	1 Tbsp.	15 ml
Salt	3 Tbsp.	45 ml
Egg wash:		
Eggs	4	4
Milk	4 Tbsp.	120 ml
Bread crumbs	as needed	as needed
Sauce:		
Barbecue Sauce (page 241)	8 fl. oz.	240 ml
Chipotle peppers, canned, puréed	1 Tbsp.	15 ml
Honey	1 oz.	60 g

1. Lightly pound the chicken pieces to an even thickness.
2. Combine the ingredients for the seasoned flour.
3. Beat the eggs and milk.

4 Bread the chicken tenders using the standard breading procedure, placing each fully breaded piece on a parchment-lined sheet pan. Refrigerate until ready to cook.
5 Place the sauce ingredients in a small saucepan and simmer until the flavors blend, approximately 5 minutes.
6 Using the basket method, deep-fry the chicken pieces at 325°F (160°C) until done, approximately 4 minutes. Drain and serve with the warm sauce.

Approximate values per serving: **Calories** 380, **Total fat** 12 g, **Saturated fat** 2.5 g, **Cholesterol** 160 mg, **Sodium** 2680 mg, **Total carbohydrates** 33 g, **Protein** 34 g, **Vitamin A** 60%, **Vitamin C** 15%, **Iron** 25%

MOIST-HEAT COOKING METHODS

The moist-heat cooking methods most often used with poultry are poaching and simmering. Poaching is used to cook tender birds for short periods. Simmering is used to cook older, tougher birds for longer periods in order to tenderize them. Poaching and simmering are similar procedures, the principal differences being the temperature of the cooking liquid and the length of cooking time.

POACHING AND SIMMERING

Poached or simmered poultry should be moist, tender and delicately flavored. Although the poultry is cooked in water, overcooking will cause it to become dry and tough. During cooking, some of the poultry's flavor is transferred to the cooking liquid, which can be used to make a sauce for the finished product.

Selecting Poultry to Poach or Simmer

Young birds are best suited for poaching; boneless chicken pieces are the most commonly used parts. Older, tougher birds are usually simmered. Duck and geese are rarely poached or simmered because of their high fat content.

Seasoning Poultry to Be Poached or Simmered

When poaching poultry, it is especially important to use a well-seasoned and highly flavored liquid in order to infuse as much flavor as possible into the item being cooked. Either strong stock with a sachet or a mixture of stock or water and white wine with a bouquet garni or onion piquet produces good results. The poultry should be completely covered with liquid so that it cooks evenly. However, if too much liquid is used and it is not strongly flavored, flavors may be leached out of the poultry, resulting in a bland finished product.

Poultry is often simmered in water instead of stock. A sachet and a generous mirepoix should be added to help flavor it. Typically, simmering birds results in a strong broth that may be used to complete the recipe or reserved for other uses.

Cooking Temperatures

For best results, poultry should be poached at low temperatures, between 160°F and 175°F (71°C–79°C). Cooking poultry to the proper doneness at these temperatures produces a product that is moist and tender.

Simmering is done at slightly higher temperatures, between 185°F (85°C) and the boiling point. When simmering, do not allow the liquid to boil, as this may result in a dry, tough and stringy finished product.

Determining Doneness

Poached poultry, whether whole or boneless, is cooked just until done. An instant-read thermometer inserted in the thigh or thicker part of the bird should read 165°F (74°C). Any juices that run from the bird should be clear or show only a trace of pink.

Simmered poultry is usually cooked for longer periods to allow the moist heat to tenderize the meat. A chicken that weighs 3 pounds 8 ounces (1.5 kilograms), for example, may take 2½ hours to cook.

Accompaniments to Poached and Simmered Poultry

Poached or simmered poultry can be served hot or cold. The meat from these birds can be served cold in salads, served hot in casseroles or used in any dish that calls for cooked poultry.

Poached items are typically served with a flavored mayonnaise or a sauce made from the reduced poaching liquid, such as sauce suprême. Poultry is also often poached as a means of producing a low-calorie dish. If so, a vegetable coulis makes a good sauce, or the poultry can be served with a portion of its cooking liquid and a vegetable garnish.

Simmered poultry to be served cold will be moister and more flavorful if it is cooled in its cooking liquid. To do so, remove the pot containing the bird and the cooking liquid from the heat when the bird is still slightly undercooked. Cool the meat and broth in a water bath following the procedures in Chapter 11, Stocks and Sauces. Once cooled, remove the meat and wipe off any congealed broth before proceeding with the recipe.

▶ PROCEDURE FOR POACHING OR SIMMERING POULTRY

1. Cut or truss the item to be cooked as directed in the recipe.
2. Prepare the cooking liquid and bring it to a simmer. Submerge the poultry in the cooking liquid, or arrange the items to be poached in an appropriate pan and add the poaching liquid to the pan.
3. Poach or simmer the item to the desired doneness in the oven or on the stove top. Maintain the proper cooking temperature throughout the process.
4. Remove the poultry and hold it for service in a portion of the cooking liquid or, using an ice bath, cool the item in its cooking liquid.
5. The cooking liquid may be used to prepare an accompanying sauce or reserved for use in other dishes.

POACHED BREAST OF CHICKEN WITH TARRAGON SAUCE

RECIPE 18.8

Yield: 8 Servings, 4 oz. (120 g) each **Method:** Poaching

Chicken breasts, boneless, skinless, approx. 8 oz. (250 g) each	4	4
Whole butter	1½ oz.	45 g
Salt and white pepper	TT	TT
White wine	4 fl. oz.	120 ml
Chicken stock	1 pt.	450 ml
Bay leaf	1	1
Dried thyme	¼ tsp.	1 ml
Dried tarragon	1 tsp.	5 ml
Flour	1 oz.	30 g
Heavy cream	4 fl. oz.	120 ml
Fresh tarragon sprigs	as needed for garnish	

1. Trim any rib meat and fat from the breasts. Cut the breasts into two pieces, removing the strip of cartilage that joins the halves.
2. Select a pan that will just hold the breasts when they are placed close together. Rub the pan with approximately ½ ounce (15 grams) of butter.
3. Season the chicken breasts with salt and white pepper, and arrange them in the buttered pan, presentation side up.



1 Arranging the breasts in an appropriate pan.



2 Adding the white wine, chicken stock and seasonings to the pan.



3 Covering the breasts with a piece of buttered parchment paper.



4 Adding the cream to the thickened sauce.



5 Plating the poached chicken breast.

4 Add the white wine, stock, bay leaf, thyme and dried tarragon.
5 Cut and butter a piece of parchment paper and cover the chicken breasts.
6 Bring the liquid to a simmer and reduce the temperature to poach the chicken.
7 Make a blond roux with 1 ounce (30 grams) of butter and the flour; set aside to cool.
8 When the breasts are done, remove them from the liquid. Thicken the liquid with the roux. Add the cream. Simmer and reduce to the desired consistency.
9 Strain the sauce through cheesecloth and adjust the seasonings.
10 Serve each half breast nappéd with approximately 2 fluid ounces (60 milliliters) of sauce; garnish each portion with a sprig of fresh tarragon.

Approximate values per 4-oz. (115-g) serving: **Calories** 250, **Total fat** 13 g, **Saturated fat** 7 g, **Cholesterol** 105 mg, **Sodium** 590 mg, **Total carbohydrates** 4 g, **Protein** 29 g, **Vitamin A** 10%

COMBINATION COOKING METHODS

Braising and stewing use both dry and moist heat to produce a moist, flavorful product. The principal difference between braising and stewing when applied to meats is the size of the cut being cooked: Large cuts of meat are braised; smaller ones are stewed. Because most poultry is relatively small, this distinction does not readily apply in poultry cookery; therefore, the two cooking methods are discussed together here.

BRAISING AND STEWING

Braised or stewed poultry should be moist and fork tender. The poultry is always served with the liquid in which it was cooked. Ducks and geese are

braised or stewed in much the same way as red meats. Chicken cacciatore, coq au vin and chicken fricassee are examples of braised or stewed chicken dishes.

Selecting Poultry to Braise or Stew

Braising and stewing, being slow, moist cooking processes, are often thought of as a means to tenderize tough meats. Although they can be used to tenderize older, tougher birds, these cooking methods are more often selected as a means of adding moisture and flavor to poultry that is inherently tender, such as young ducks and chickens. Typically, the birds are disjointed and cooked bone-in, just until done, so that they retain their juiciness.

Seasoning Poultry to Be Braised or Stewed

Braised or stewed items obtain much of their flavor from the cooking liquid and other ingredients added during the cooking process. The main item and the cooking liquid should be well seasoned. If other seasonings such as an onion piquet, sachet, bouquet garni or dried herbs and spices are required, they should be added at the beginning of the cooking process rather than at the end. This allows the flavors to blend and penetrate the larger pieces of poultry. If the poultry is dredged in flour prior to browning, seasonings may be added directly to the flour. As with all dishes using combination cooking methods, the finished dish should have the flavor of the poultry in the sauce and the moisture and flavor of the sauce in the poultry.

Cooking Temperatures

Some recipes, such as chicken cacciatore and coq au vin, require the main item to be thoroughly browned during the initial stages; others, such as chicken fricassee, do not. In either case, after the liquid is added, it is important to maintain a slow simmer rather than a rapid boil. This can be done on the stove top or in the oven. Low temperatures control the cooking and produce a tender, juicy finished product.

Determining Doneness

Tenderness is the key to determining doneness. It can be determined by inserting a kitchen fork into the poultry. There should be little resistance, and the poultry should freely fall off the fork. The pieces should retain their shape, however; if they fall apart, they are overdone. Small boneless pieces can be tested by cutting into them with a fork.

Accompaniments to Braised or Stewed Poultry

All braises and stews are cooked in a liquid that results in a sauce or broth served as part of the finished dish. Rice, pasta or boiled potatoes are natural accompaniments to almost any braised or stewed dish, as are boiled vegetables.

▶ PROCEDURE FOR BRAISING OR STEWING POULTRY

1. Sear the main item in butter or oil, developing color as desired.
2. Add vegetables and other ingredients as called for in the recipe and sauté.
3. Add flour or roux if used.
4. Add the appropriate liquid.
5. Cover and simmer on the stove top or in the oven until done.
6. Add seasonings and garnishes at the appropriate times during the cooking process.
7. Finish the dish by adding cream or a liaison to the sauce or by adjusting its consistency. Adjust the seasonings.
8. Serve a portion of the poultry with the sauce and appropriate garnish.

RECIPE 18.9

CHICKEN FRICASSEE

Yield: 8 Servings, 2 pieces each **Method:** Braising

Frying chickens, 2 lb. 8 oz.–3 lb. (1.1–1.4 kg) each, cut into 8 pieces	2	2
Salt and white pepper	TT	TT
Clarified butter	3 fl. oz.	90 ml
Onion, medium dice	10 oz.	300 g
Flour	3 oz.	90 g
Dry white wine	8 fl. oz.	250 ml
Chicken stock	1 qt.	1 lt
Sachet:		
Bay leaf	1	1
Dried thyme	½ tsp.	2 ml
Peppercorns, cracked	½ tsp.	2 ml
Parsley stems	8	8
Garlic clove, crushed	1	1
Heavy cream	8 fl. oz.	250 ml
Nutmeg	TT	TT

1 Season the chicken with salt and white pepper.
2 Sauté the chicken in the butter without browning. Add the onions and continue to sauté until they translucent.
3 Sprinkle the flour over the chicken and onions and stir to make a roux. Cook the roux for 2 minutes without browning.
4 Deglaze the pan with the white wine. Add the chicken stock and sachet; season with salt. Cover and simmer until done, approximately 30 to 45 minutes.
5 Remove the chicken from the pan and hold in a warm place. Strain the sauce through cheesecloth and return it to a clean pan.
6 Add the cream and bring the sauce to a simmer. Add the nutmeg and adjust the seasonings. Return the chicken to the sauce to reheat it for service.

Approximate values per 8-oz. (240-g) serving: **Calories** 700, **Total fat** 20 g, **Saturated fat** 12 g, **Cholesterol** 60 mg, **Sodium** 7950 mg, **Total carbohydrates** 113 g, **Protein** 15 g, **Vitamin A** 20%



1 Sautéing the chicken and onions in butter.



2 Sprinkling the flour over the chicken.



3 Deglazing the pan with white wine.



4 Removing the chicken from the pot.



5 Straining the sauce through cheesecloth.



6 Returning the chicken to the sauce to reheat it for service.

CONCLUSION



The renowned French gastronome and author Jean-Anthelme Brillat-Savarin (1755–1826) once observed that "poultry is for the cook what canvas is for the painter." He meant, of course, that poultry, including chicken, duck, goose, guinea, pigeon and turkey, are wonderfully versatile foods that can be cooked by almost any method and with almost any seasonings, and can be served with many accompaniments and garnishes.

QUESTIONS FOR DISCUSSION

1. List the six categories or kinds of poultry recognized by the USDA. How are these categories then divided into classes?
2. How should fresh poultry be stored? Discuss several procedures that should be followed carefully when working with poultry to prevent cross-contamination.
3. What is a suprême? Describe the step-by-step procedure for preparing a chicken suprême.
4. What is trussing? Why is this technique used with poultry?
5. Which poultry items are best suited for broiling or grilling? Explain your answer.
6. Describe the characteristics of properly roasted poultry. Which classes of poultry are recommended for roasting?
7. What is foie gras? Why must you be extremely careful when cooking foie gras?

ADDITIONAL POULTRY RECIPES

RECIPE 18.10 KOLANTA DUCK SALAD

Note: This dish appears in the Chapter Opening photograph.

CHEF BRENT BEAVERS

Like so many of today's successful chefs, Brent Beavers began his food service career in a dish room. After an early job as a dishwasher/prep cook at The Painted Lady, Chef Beavers apprenticed for two years under Chef Christine Adrian of La Petite Maison in Colorado Springs, Colorado. After working in a variety of restaurants, he is now executive chef at Sencha in Colorado Springs, Colorado. Sencha's success has earned him two invitations to cook for James Beard Foundation dinners.

In addition to his work behind the line, Chef Beavers is also currently pursuing a college degree in anthropology. His advice for students is to just "keep it simple. Don't hide the flavors of the food you are creating."

SENCHA, COLORADO SPRINGS, CO
Chef Brent Beavers

Yield: 6 Servings **Method:** Grilling

Turmeric, ground	1 c.	240 ml
Black pepper	1 Tbsp.	15 ml
Kosher salt	1 Tbsp.	15 ml
Cumin, ground	1 Tbsp.	15 ml
Duck breasts, boneless, skin on	6	6
Cashews, roasted	1 lb.	450 g
Thai chiles	7	7
Fresh tomato juice	1 pt.	450 ml
Tomato, slivered	3 lb.	1.4 kg
Green onions, sliced	4 oz.	120 g
Salt and pepper	TT	TT
Pea shoots	3 oz.	90 g
English sprout mix	3 oz.	90 g

1. Stir together the turmeric, pepper, salt and cumin. Score the skin of the duck breasts and rub the breasts generously with the spice mix. Place on a parchment-lined sheet pan and refrigerate for a minimum of 3 hours.
2. Combine the cashews, Thai chiles and tomato juice and let stand for 5 minutes to allow the flavors to blend.
3. Grill the duck breasts to medium rare over low heat, rendering as much fat from the skin side as possible. Remove from the grill and hold in a warm place.
4. Combine the tomato and green onions in a stainless steel bowl. Add the cashew and tomato juice mixture and season with salt and pepper. Toss and allow to marinate for 5 minutes. Drain off the excess liquid and reserve.
5. Place the tomato salad mixture on plates. Slice the duck breasts on the bias and fan on top of the salad.
6. Add the pea shoots and sprouts to the plates and drizzle with 1 tablespoon (15 milliliters) of the reserved marinade liquid.

Approximate values per serving: **Calories** 850, **Total fat** 53 g, **Saturated fat** 11 g, **Cholesterol** 165 mg, **Sodium** 2070 mg, **Total carbohydrates** 57 g, **Protein** 48 g, **Vitamin A** 45%, **Vitamin C** 220%, **Calcium** 15%, **Iron** 100%

APRICOT AND BOURBON GRILLED CHICKEN

RECIPE 18.11

PENNSYLVANIA COLLEGE OF TECHNOLOGY, WILLIAMSPORT, PA

Chef Mary G. Trometter, Assistant Professor

Yield: 4 Servings **Method:** Grilling

Marinade:		
Dijon mustard	¼ c.	60 ml
Dark brown sugar	¼ c.	60 ml
Soy sauce	2 Tbsp.	30 ml
Bourbon	2 Tbsp.	30 ml
Worcestershire sauce	1 tsp.	5 ml
Chicken breasts, boneless, skinless	2	2
Basting sauce:		
Apricot preserves	¼ c.	60 ml
White wine vinegar	2 Tbsp.	30 ml
Worcestershire sauce	2 tsp.	10 ml
Dijon mustard	2 tsp.	10 ml
Honey	2 tsp.	10 ml
Red pepper flakes, crushed	¼ tsp.	2 ml
Almonds, sliced, toasted	as needed for garnish	

1. Combine the marinade ingredients and transfer to a shallow, stainless steel pan.
2. Split each chicken breast into two halves by removing the cartilage that divides the halves. Place the chicken in the marinade and turn several times to coat it well. Cover the pan with plastic wrap and refrigerate for 1 to 3 hours.
3. Combine the basting sauce ingredients in a small saucepan and simmer for 10 minutes to blend the flavors. Strain if desired and refrigerate until needed.
4. Remove the chicken from the marinade and place on a preheated grill. Grill for approximately 2 minutes, brush with the basting sauce, turn and brush with more basting sauce. Continue to baste frequently and grill until done. Garnish with toasted almonds at service time.

Approximate values per serving: **Calories** 280, **Total fat** 2.5 g, **Saturated fat** 0.5 g, **Cholesterol** 100 mg, **Sodium** 440 mg, **Total carbohydrates** 22 g, **Protein** 40 g, **Vitamin C** 10%, **Iron** 10%, **Claims**—low fat; low saturated fat; source of vitamin C and iron

MURGH KEBAB (CHICKEN KEBAB)

RECIPE 18.12

Yield: 6 Servings **Method:** Grilling

Chicken breasts, boneless, skinless	2 lb.	1 kg
Saffron	½ tsp.	3 ml
Water, hot	2 Tbsp.	30 ml
Garlic, crushed	1 tsp.	5 ml
Vegetable oil	1 Tbsp.	15 ml
Salt	1 tsp.	5 ml
Coriander, ground	2 tsp.	10 ml
Yogurt	2 Tbsp.	30 ml

1. Cut the chicken breasts into 2-inch (5-centimeter) pieces.
2. In a stainless steel bowl, stir the saffron into the hot water and allow it to steep for 5 minutes. Add the garlic, vegetable oil, salt, coriander and yogurt to the bowl. Stir to combine the ingredients.

3 Add the chicken pieces and marinate, in the refrigerator, for 4 hours.
4 Skewer the chicken pieces onto bamboo or stainless steel skewers. Grill until done, approximately 10 to 15 minutes. Serve the chicken kebabs with grilled vegetables and rice.

Approximate values per serving: **Calories** 200, **Total fat** 6 g, **Saturated fat** 1.5 g, **Cholesterol** 90 mg, **Sodium** 460 mg, **Total carbohydrates** 1 g, **Protein** 34 g

RECIPE 18.13

CHICKEN YAKITORI



Yield: 8 Servings **Method:** Grilling

Soy sauce	8 fl. oz.	250 ml
Sake	8 fl. oz.	250 ml
Granulated sugar	2 oz.	60 g
Chicken breasts, boneless	2 lb.	1 kg
Cornstarch	1 Tbsp.	15 ml
Sesame seeds	1 Tbsp.	15 ml

1 Combine the soy sauce, sake and sugar. Reserve 8 fluid ounces (250 milliliters) of the mixture.
2 Brush the chicken with a portion of the reserved soy sauce mixture and grill over hot charcoal until done, basting regularly.
3 To make the sauce, combine 2 ounces (60 milliliters) of the soy sauce mixture with the cornstarch. Bring the remainder to a boil in a small saucepan and stir in the cornstarch slurry. Stirring constantly, continue boiling until the sauce thickens. Simmer 1 minute.
4 Serve with short-grain white rice and garnish with sesame seeds.

Approximate values per 6-oz. (180-g) serving: **Calories** 240, **Total fat** 4.5 g, **Saturated fat** 1 g, **Cholesterol** 95 mg, **Sodium** 1700 mg, **Total carbohydrates** 12 g, **Protein** 37 g

RECIPE 18.14

PAN-ROASTED SONOMA FREE-RANGE CHICKEN WITH FINGERLING POTATOES AND HERB JUS



HERBSAINT BAR AND RESTAURANT, NEW ORLEANS, LA
Chef Donald Link

Yield: 4 Servings **Method:** Sautéing

Free-range chicken	1	1
Onion, small, chopped	1	1
Celery, chopped	1 c.	240 ml
Carrot, chopped	1	1
Fresh rosemary	1 sprig	1 sprig
Fresh thyme	1 sprig	1 sprig
Garlic cloves	4	4
Chicken stock, cold	4 qt.	4 lt
Fingerling potatoes	2 lb.	1 kg
Olive oil	3 fl. oz.	90 ml
Salt and pepper	TT	TT
Fresh rosemary, chopped	1 tsp.	5 ml
Fresh herbs, assorted, chopped	2 tsp.	10 ml
Whole butter	½ oz.	15 g

1 Cut the chicken into two skin-on airline breasts and two skin-on boneless leg and thigh portions, reserving the carcass and bones.
2 Roast the chicken bones at 400°F (200°C) until brown. Put the bones in a saucepot with the onion, celery, carrot, rosemary, thyme and garlic and cover with cold chicken stock. Bring to a boil, reduce to a simmer and cook for 3 to 4 hours. Strain the stock into a small saucepot. Bring to a boil and reduce by two-thirds or until the flavor becomes strong and the stock begins to thicken.
3 Toss the potatoes in 1 fluid ounce (30 milliliters) of the olive oil, salt, pepper and rosemary. Roast at 400°F (200°C) until done, approximately 15 minutes.
4 Heat a large sauté pan over high heat and add the remaining olive oil. Season the chicken with salt and pepper. Place the chicken in the pan, skin side down, and cook without turning until the skin is crisp. Transfer the pan to a 400°F (200°C) oven and roast until the chicken is done, approximately 7 minutes.
5 Add the chopped herbs to the reduced stock and swirl in the butter. Serve one piece of chicken accompanied by fingerling potatoes. Spoon the sauce around the chicken.

Approximate values per serving: **Calories** 980, **Total fat** 58 g, **Saturated fat** 14 g, **Cholesterol** 195 mg, **Sodium** 2930 mg, **Total carbohydrates** 51 g, **Protein** 64 g, **Vitamin** C 40%, **Iron** 35%

ROAST CORNISH GAME HEN WITH WILD RICE STUFFING

RECIPE 18.15

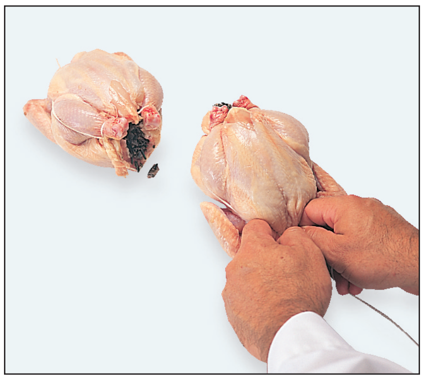
Yield: 6 Servings **Method:** Roasting

Onion, fine dice	3 oz.	90 g
Mushrooms, chopped	6 oz.	180 g
Whole butter, melted	6 oz.	180 g
Wild rice, cooked	1 1/2 c.	350 ml
Dried thyme, crushed	1/2 tsp.	2 ml
Dried marjoram, crushed	1/2 tsp.	2 ml
Salt and pepper	TT	TT
Rock Cornish game hens	6	6

1 Sauté the onions and mushrooms in 2 ounces (60 grams) of the melted butter until tender. Cool.
2 Stir in the rice and herbs and season to taste with salt and pepper.
3 Stuff the cavity of each hen loosely with the rice mixture. Truss and place in a roasting pan.



1 Loosely stuff each hen with some of the wild rice mixture.



2 Truss the hens.



3 The game hens plated for service.

4 Brush the hens with the remaining butter and season with salt and pepper. Roast at 400°F (200°C) for 15 minutes.
5 Reduce the oven temperature to 300°F (150°C) and roast until the juices run clear, approximately 30 minutes. Baste two or three times with melted butter.
6 Serve the hens with a pan gravy or a sauce made separately, such as mushroom sauce.

Approximate values per 14-oz. (420-g) serving: **Calories** 970, **Total fat** 65 g, **Saturated fat** 26 g, **Cholesterol** 330 mg, **Sodium** 1580 mg, **Total carbohydrates** 12 g, **Protein** 86 g, **Vitamin A** 35%, **Iron** 25%

RECIPE 18.16

CHICKEN BREAST SAUTÉ WITH ROASTED RED PEPPER SAUCE

NASHVILLE STATE TECH CULINARY, NASHVILLE, TN
Chef Ken Morlino, CEC

Yield: 4 Servings **Method:** Sautéing

Olive oil	2 Tbsp.	30 ml
Chicken breasts, boneless, skinless, 6–8 oz. (180–225 g) each	4	4
Salt and pepper	TT	TT
Flour	as needed for dredging	
Onion, medium dice	1 oz.	30 g
Garlic cloves, minced	2	2
White wine	2 fl. oz.	60 ml
Chicken stock	4 fl. oz.	120 ml
Roma tomato concassée	8 fl. oz.	240 ml
Red bell pepper, roasted, seeded, medium dice	1	1
Mushrooms, sliced	2 oz.	60 g
Unsalted butter	2 Tbsp.	30 ml
Heavy cream	6 fl. oz.	180 ml
Green onions, sliced	2 Tbsp.	30 ml
Parmesan	as needed	as needed

1 Heat the olive oil in a sauté pan. Season the chicken breasts with salt and pepper and dredge them in the flour. Sear the chicken breasts in the hot oil. Remove the chicken from the sauté pan and hold on a plate in a warm spot.
2 Add the onions and garlic to the hot oil and sauté for 2 minutes. Deglaze the pan with the white wine and then add the chicken stock, tomato concassée and bell pepper. Bring to a simmer and reduce the liquid by half.
3 In a separate pan, sauté the mushrooms in the butter and keep warm.
4 Warm the cream slightly and add it to the sauce. Simmer the sauce until it starts to thicken. Return the chicken breasts and the juice that has accumulated on the plate to the pan and simmer until the chicken is done, approximately 2 minutes. Season the sauce with salt and pepper.
5 Serve garnished with the sautéed mushrooms and green onions. Sprinkle with Parmesan.

Note: If a smoother sauce is desired, purée the sauce before adding the chicken.

Approximate values per serving: **Calories** 480, **Total fat** 29 g, **Saturated fat** 16 g, **Cholesterol** 185 mg, **Sodium** 210 mg, **Total carbohydrates** 8 g, **Protein** 42 g, **Vitamin A** 60%, **Vitamin C** 110%, **Iron** 10%

CHICKEN STUFFED WITH SPINACH AND RICOTTA CHEESE IN SAFFRON SAUCE

RECIPE 18.17

CHEF LELAND ATKINSON, WASHINGTON, DC



Yield: 4 Servings **Method:** Sautéing

Spinach, stemmed	1 lb.	450 g
Ricotta	4 oz.	120 g
Egg whites, lightly beaten	2	2
Salt and pepper	TT	TT
Airline chicken breasts, skin on, 9 oz. (250 g) each	4	4
Clarified butter	2 Tbsp.	30 ml
White wine	1 pt.	450 ml
Saffron	1 pinch	1 pinch
Chicken velouté	8 fl. oz.	250 ml
Heavy cream, hot	2 fl. oz.	60 ml

1. Blanch, refresh and drain the spinach. Squeeze it tightly to remove as much moisture as possible, then chop it finely.
2. To make the stuffing, combine the ricotta, egg whites and spinach in a mixing bowl; season to taste.
3. Place the chicken breasts on a cutting board, skin side down. Using a boning knife, carefully make a pocket that runs the length of each breast.
4. Put the stuffing in a pastry bag and pipe the stuffing into each pocket. Do not overfill the chicken breasts because the stuffing expands as it cooks.
5. Sauté the chicken in the clarified butter until well browned. Transfer the chicken to a sheet pan and finish in a 350°F (180°C) oven, approximately 10 to 12 minutes.
6. Deglaze the sauté pan with the white wine.
7. Add the saffron, bring to a boil and reduce by half.
8. Add the velouté and the cream. Adjust the seasonings and consistency; strain.
9. Ladle the sauce onto four warm plates. Slice and then arrange the chicken in the sauce; garnish as desired.

Approximate values per 17-oz. (510-g) serving: **Calories** 880, **Total fat** 40 g, **Saturated fat** 16 g, **Cholesterol** 265 mg, **Sodium** 3190 mg, **Total carbohydrates** 42 g, **Protein** 88 g, **Vitamin A** 110%, **Vitamin C** 25%, **Iron** 30%

CHICKEN LAZONE

RECIPE 18.18

BRENNAN'S RESTAURANT, NEW ORLEANS, LA

Chef Michael Roussel



Yield: 4 Servings **Method:** Sautéing

Salt	1 tsp.	5 ml
Chilli powder	1½ tsp.	8 ml
Onion powder	1½ tsp.	8 ml
Garlic powder	2 tsp.	10 ml
Chicken breasts, boneless, skinless	4	4
Whole butter	2 oz.	60 g
Heavy cream	4 fl. oz.	120 ml
Egg noodles, cooked	as needed	as needed
Fresh parsley, chopped	as needed for garnish	

1. Combine the seasonings in a bowl and coat the chicken breasts with the mixture.
2. Melt 1 ounce (30 grams) of the butter in a sauté pan, then cook the chicken breasts over medium heat, turning once, until done, approximately 7 to 8 minutes. Remove the chicken from the pan and hold in a warm oven.
3. Pour the cream into the pan and lower the heat. Simmer for several minutes, stirring, until the sauce thickens. Whisk in the remaining butter.
4. For service, arrange the chicken breasts over the egg noodles. Top with the cream sauce and garnish with the chopped parsley.

Approximate values per serving: **Calories** 360, **Total fat** 26 g, **Saturated fat** 15 g, **Cholesterol** 145 mg, **Sodium** 660 mg, **Total carbohydrates** 3 g, **Protein** 29 g, **Vitamin A** 25%

RECIPE 18.19

ROMAN-STYLE FREE-RANGE CHICKEN



CHEF ODETTE FADA, NEW YORK, NY

Yield: 4 Servings **Method:** Sautéing

Free-range chicken breast halves, suprême cut	4	4
Extra virgin olive oil	2 Tbsp.	30 ml
Salt	TT	TT
Vegetable or chicken broth	8 fl. oz.	225 ml
Garlic cloves, chopped fine	4	4
Anchovy fillets in oil, chopped fine	3	3
Fresh rosemary, chopped fine	TT	TT
White wine vinegar	2 Tbsp.	30 ml

1. Sauté the chicken breasts in the olive oil, skin side down. Season with salt.
2. Cook until the chicken begins to brown, then turn it and cook for an additional 2 minutes.
3. Add the broth and reduce by two-thirds, approximately 5 minutes.
4. Combine the garlic, anchovies, rosemary and vinegar.
5. When the chicken is done, add the vinegar mixture to the cooking liquid.
6. Remove the chicken from the heat, slice each breast in six pieces and arrange on a hot plate. Pour the sauce over the sliced chicken.

Approximate values per 7.5-oz. (225-g) serving: **Calories** 360, **Total fat** 19 g, **Saturated fat** 4.5 g, **Cholesterol** 125 mg, **Sodium** 820 mg, **Total carbohydrates** 3 g, **Protein** 46 g, **Vitamin A** 15%

RECIPE 18.20

SAUTÉED CHICKEN WITH KENTUCKY BOURBON

Yield: 1 Serving **Method:** Sautéing

Chicken breast, boneless, skinless	1	1
Salt and pepper	TT	TT
Flour	as needed for dredging	
Olive oil	as needed	as needed
Garlic, minced	½ tsp.	2 ml
Shallots, chopped	1 tsp.	5 ml

Spinach	1 oz.	30 g
Kentucky bourbon	1 Tbsp.	15 ml
Chicken stock	1 fl. oz.	30 ml
Heavy cream	2 fl. oz.	60 ml

1 Season the chicken breast with salt and pepper and dredge it in flour. Sauté in olive oil until done and remove from the pan.
2 Add the garlic and shallots to the pan and sauté until tender. Add the spinach and sauté until wilted.
3 Add the bourbon and flame. Then add the chicken stock and cream and reduce until slightly thickened.
4 Return the chicken to the sauce to reheat.
5 Pour the spinach and sauce on a plate and arrange the chicken on top.

Approximate values per 9-oz. (270-g) serving: **Calories** 670, **Total fat** 42 g, **Saturated fat** 17 g, **Cholesterol** 230 mg, **Sodium** 2590 mg, **Total carbohydrates** 15 g, **Protein** 58 g, **Vitamin A** 50%, **Iron** 20%

SPICED CHICKEN CUTLETS

RECIPE 18.21

NEWBURY COLLEGE, BROOKLINE, MA
Senior Instructor Scott Doughty

Yield: 8 Servings **Method:** Sautéing

Chicken breast, boneless, skinless	3 lb.	1.3 kg
Flour	as needed for dredging	
Salt and pepper	TT	TT
Clarified butter or ghee	3 fl. oz.	100 ml
Ginger, minced	1 Tbsp.	15 ml
Garlic cloves, minced	6	6
Onion, minced	1	1
Mustard seeds	2 tsp.	10 ml
Yogurt	12 oz.	350 g
Cumin, ground	1/2 tsp.	3 ml
Coriander, ground	1/2 tsp.	3 ml
Fresh lime juice	2 tsp.	10 ml
Cilantro, chopped	3 Tbsp.	45 ml

1 Cut each chicken breast in half. Pound each half until the cutlets are approximately 1/4 inch (6 millimeters) thick.
2 Season the flour with salt and pepper.
3 Heat 2 fluid ounces (60 milliliters) of the butter or ghee in a large sauté pan. Dredge the chicken cutlets in the flour and sauté them for a few minutes on each side until lightly brown. Remove the chicken from the pan and hold.
4 In the same pan, melt the remaining butter or ghee; add the ginger, garlic, onion and mustard seeds and sauté until the mustard seeds begin to pop.
5 Reduce the heat; add the yogurt, cumin, coriander and lime juice and mix well. Bring to a simmer and adjust the seasonings.
6 Return the cutlets to the pan just long enough to reheat them. Serve the cutlets garnished with chopped cilantro and accompanied by saffron rice seasoned with cinnamon.

Approximate values per serving: **Calories** 300, **Total fat** 14 g, **Saturated fat** 7 g, **Cholesterol** 120 mg, **Sodium** 115 mg, **Total carbohydrates** 6 g, **Protein** 37 g, **Calcium** 10%

RECIPE 18.22

CHICKEN AND SNOW PEAS IN BLACK BEAN SAUCE

Yield: 4 Servings **Method:** Stir-frying

Chicken breast, boneless, skinless	2 lb.	1 kg
Egg white	1	1
Chinese rice wine	6 fl. oz.	180 ml
Cornstarch	2 Tbsp.	30 ml
Soy sauce	2 fl. oz.	60 ml
Granulated sugar	2 tsp.	10 ml
Onions, small	2	2
Peanut oil	4 fl. oz.	120 ml
Garlic, minced	1 Tbsp.	15 ml
Fresh ginger, minced	2 tsp.	10 ml
Fermented black beans, mashed	3 Tbsp.	45 ml
Snow peas, fresh	4 oz.	120 g

1. Slice the chicken into thin strips, approximately 1½ inches by ¼ inch (4 centimeters by 0.6 centimeters).
2. Combine the egg white, one-third of the wine and 1 tablespoon (15 milliliters) of the cornstarch. Add the chicken and refrigerate for 2 hours.
3. For the sauce, mix the soy sauce, sugar and the remaining wine and cornstarch.
4. Quarter the onions and separate the layers.
5. Stir-fry the chicken in 3 ounces (90 milliliters) of the oil. Remove and set aside.
6. If necessary, add all the remaining oil and stir-fry the garlic and ginger for 30 seconds. Add the onions and mashed beans and stir-fry for 30 seconds. Add the snow peas and cook for 1 minute.
7. Return the chicken to the wok, add the sauce mixture and stir-fry until hot and the sauce has thickened.
8. Serve immediately with short-grain white rice.

Variation: Add 2 ounces (60 grams) sliced mushrooms and reduce the amount of snow peas by half.

Approximate values per serving: **Calories** 750, **Total fat** 46 g, **Saturated fat** 10 g, **Cholesterol** 190 mg, **Sodium** 1050 mg, **Total carbohydrates** 14 g, **Protein** 71 g, **Vitamin C** 25%

RECIPE 18.23

CHICKEN KIEV

THE ART INSTITUTE OF WASHINGTON, ARLINGTON, VA

Chef John Harrison

Yield: 4 Servings **Method:** Deep-frying

Chicken breasts, boneless, skinless, 5 oz. (140 g) each	4	4
Salt and pepper	TT	TT
Unsalted butter	4 oz.	120 g
Chives, chopped	2 Tbsp.	30 ml
All-purpose flour	as needed	as needed
Egg wash	as needed	as needed
Bread crumbs, dry	as needed	as needed

1 Place the chicken breasts on a film-covered cutting board. Cover them with a layer of film wrap. Using a meat mallet, gently pound the breasts to an even thickness of approximately ⅓ inch (8 millimeters). Do not make any holes in the chicken. Remove the film wrap from the top of the chicken.
2 Season the chicken with salt and pepper. Cut the unsalted butter into four 1-ounce (30-gram), 3-inch- (7.5-centimeter-) long pieces. Place one piece of butter on the long edge of each pounded breast. Spread the chopped chives evenly over the butter.
3 Beginning with the butter-and-chive edge, roll each breast until the butter is covered. Fold the ends of the breast toward the center and continue rolling. Cover and refrigerate the chicken breasts for 15 minutes.
4 Bread the stuffed chicken breasts using the standard breading procedure and refrigerate them for another 15 minutes.
5 Gently place the chicken breasts in a deep-fryer basket and deep-fry at 325°F (160°C) until golden brown and fully cooked, approximately 10 minutes.
6 Gently remove the chicken from the basket to prevent the butter from leaking out. Serve immediately garnished with lemon slices.

Variations: Substitute other herbs such as tarragon, basil, dill or cilantro for the chives, or substitute a compound butter for the butter and herbs in the recipe.

Approximate values per serving: **Calories** 420, **Total fat** 32 g, **Saturated fat** 16 g, **Cholesterol** 145 mg, **Sodium** 95 mg, **Total carbohydrates** 0, **Protein** 33 g, **Vitamin A** 20%

CHICKEN AND MUSHROOM CRÊPES WITH SAUCE MORNAY

RECIPE 18.24

PENNSYLVANIA COLLEGE OF TECHNOLOGY, WILLIAMSPORT, PA

Chef Mary G. Trometter, Assistant Professor

Yield: 6 Crêpes **Method:** Poaching

Chicken stock	1 pt.	450 ml
Salt	TT	TT
Chicken, boneless, skinless	1 lb.	450 g
Mushrooms, sliced	5 oz.	150 g
Clarified butter	1 Tbsp.	15 ml
Fresh thyme, tarragon, and parsley, minced	1 Tbsp.	15 ml
Black pepper	TT	TT
Savory crêpes (page 602)	6	6
Mornay sauce (page 213)	1 pt.	450 ml
Paprika	as needed for garnish	

1 Bring the chicken stock to a simmer and season with the salt.
2 Poach the chicken in the stock until done. Remove the chicken from the stock, reserving the stock. Allow the chicken to cool slightly and then cut it into medium dice.
3 Sauté the mushrooms in the clarified butter with the herbs until the mushrooms are tender. Season the mixture with salt and pepper. Combine the chicken with the mushrooms and refrigerate until cold.
4 Divide the chicken and mushrooms into six portions. Spoon one portion of the mixture into the center of each crêpe. Roll the crêpe around the mixture and place in a buttered baking dish, seam side down.

5 Heat the Mornay sauce over medium heat; thin with a portion of the reserved poaching liquid if necessary. Spoon the sauce over the crêpes. Garnish with a light sprinkle of paprika if desired. Bake at 350°F (180°C) until hot and lightly brown, approximately 20 minutes.

Approximate values per crêpe: **Calories** 420, **Total fat** 27 g, **Saturated fat** 15 g, **Cholesterol** 185 mg, **Sodium** 960 mg, **Total carbohydrates** 23 g, **Protein** 25 g, **Vitamin A** 15%, **Calcium** 15%

RECIPE 18.25

CHICKEN CURRY

Yield: 4 Servings **Method:** Simmering

Onions, small dice	8 oz.	250 g
Garlic, crushed	2 tsp.	10 ml
Ghee or clarified butter	2 Tbsp.	30 ml
Wet masala:		
Fresh ginger, fine dice	2 oz.	60 g
Turmeric	1½ tsp.	8 ml
Coriander seeds, ground	1½ tsp.	8 ml
Cumin seeds, ground	1 tsp.	5 ml
Cayenne pepper	1 tsp.	5 ml
Fenugreek, ground	½ tsp.	3 ml
Coconut milk	20 fl. oz.	575 ml
Roasting chicken, 3 lb. (1.3 kg), cut into 8 pieces	1	1
Salt	1 tsp.	5 ml
Green chiles, slit lengthwise	3	3
Lemon juice	1 fl. oz.	30 ml

1 Stir-fry the onions and garlic in the ghee until the onions are golden brown.
2 To make the wet masala, mix the ginger, turmeric, coriander, cumin, cayenne pepper and fenugreek; add just enough of the coconut milk to form a paste.
3 Add the wet masala to the onions and stir-fry for 8 minutes.
4 Add the chicken pieces and cook, turning them frequently, for 6 to 8 minutes.
5 Add the remaining coconut milk, salt and chiles. Bring to a boil, cover and reduce to a simmer. Cook until the chicken is done, approximately 45 minutes.
6 Just before service, stir in the lemon juice and adjust the seasonings. Serve with Saffron Rice (page 729) and a chutney.

Approximate values per serving: **Calories** 1130, **Total fat** 64 g, **Saturated fat** 39 g, **Cholesterol** 285 mg, **Sodium** 1070 mg, **Total carbohydrates** 32 g, **Protein** 107 g, **Vitamin C** 25%, **Iron** 70%

RECIPE 18.26

THAI GREEN CURRY WITH CHICKEN AND EGGPLANT

Yield: 5 lb. (2.2 kg) **Method:** Simmering

Thai or Japanese eggplant, medium dice	1 pt.	470 ml
Peanut oil	2 fl. oz.	60 ml
Green Curry Paste (recipe follows)	20 fl. oz.	600 ml
Coconut milk	1 qt.	1 lt
Chicken breast, boneless, skinless	2 lb.	900 g
Fish sauce	4 fl. oz.	120 ml

Granulated sugar	6 Tbsp.	90 ml
Coconut cream	8 fl. oz.	240 ml
Fresh Kaffir lime leaves	12	12
Fresh basil leaves	½ c.	120 ml

1. Sweat the eggplant in 1 fluid ounce (30 milliliters) of the peanut oil until tender. Remove from the heat and reserve.
2. Sauté the Green Curry Paste in the remaining peanut oil. Slowly stir in the coconut milk. Bring to a boil and simmer until slightly thickened.
3. Add the chicken, eggplant, fish sauce and sugar. Simmer until the chicken is cooked, approximately 5 minutes.
4. Stir in the coconut cream. Stir in the lime leaves and basil. Serve with steamed rice.

Approximate values per 8-oz. (240-g) serving: **Calories** 460, **Total fat** 33 g, **Saturated fat** 23 g, **Cholesterol** 55 mg, **Sodium** 1190 mg, **Total carbohydrates** 19 g, **Protein** 25 g, **Vitamin A** 25%, **Vitamin C** 150%, **Iron** 25%, **Claims**—good source of fiber, vitamin A and C

GREEN CURRY PASTE

Yield: 20 fl. oz (600 ml)

Jalapeño peppers	10	10
Thai chiles	5	5
Cilantro stems, chopped	½ c.	120 ml
Garlic cloves	8	8
Shallots, chopped	4 Tbsp.	60 ml
Lemon grass, chopped	4 Tbsp.	60 ml
Fresh galangal slices	5	5
Cumin	1 tsp.	5 ml
Shrimp paste	1 tsp.	5 ml

1. Combine all the ingredients in a blender and process until smooth.

COQ AU VIN

RECIPE 18.27

Yield: 8 Servings, 2 pieces each **Method:** Braising

Chickens, 2 lb. 8 oz.–3 lb. (1.1–1.4 kg) each	2	2
Flour	as needed for dredging	
Salt and pepper	TT	TT
Clarified butter	2 fl. oz.	60 ml
Brandy	4 fl. oz.	120 ml
Bouquet garni:		
Carrot stick, 4 in. (10 cm)	1	1
Leek, split, 4-in. (10-cm) piece	1	1
Fresh thyme	1 sprig	1 sprig
Bay leaf	1	1
Garlic cloves, peeled and crushed	6	6
Red wine	24 fl. oz.	700 ml
Chicken stock	8 fl. oz.	250 ml
Bacon **lardons**	4 oz.	120 g
Pearl onions, peeled	18	18
Mushrooms, medium, quartered	10	10
Beurre manié	as needed	as needed
Large triangular croutons	8	8

▶ **lardons** diced, blanced, fried bacon

1. Cut each chicken into eight pieces and dredge in flour seasoned with salt and pepper.
2. Heat the clarified butter in a braising pan; brown the chicken.
3. Add the brandy and ignite. When the flame dies, add the bouquet garni, garlic, red wine and chicken stock. Bring to a boil, then reduce to a simmer.
4. Cover the pan and simmer until the chicken is tender, approximately 40 minutes.
5. In a separate pan, sauté the bacon until the fat begins to render. Add the onions and sauté until they begin to brown. Cook the bacon and onions covered, over low heat, until the onions are tender. Add the mushroom and cook them until tender.
6. Remove the chicken from the pan and adjust the sauce's consistency with the beurre manié. Strain the sauce through a china cap and adjust the seasonings.
7. Spoon the bacon, onions and mushrooms onto a serving platter, place the chicken over them and ladle the sauce over the finished dish. Serve with triangular croutons.

Approximate values per 12-oz. (360-g) serving: **Calories** 860, **Total fat** 51 g, **Saturated fat** 17 g, **Cholesterol** 330 mg, **Sodium** 910 mg, **Total carbohydrates** 17 g, **Protein** 83 g, **Vitamin A** 60%, **Iron** 35%

RECIPE 18.28

CHICKEN CACCIATORE

Yield: 8 Servings, 2 pieces each **Method:** Braising

Frying chickens, 2 lb. 8 oz.–3 lb. (1.1–1.4 kg) each	2	2
Flour	2 oz.	60 g
Salt and pepper	TT	TT
Olive oil	2 fl. oz.	60 ml
Onion, medium dice	4 oz.	120 g
Garlic cloves, chopped	3	3
Mushrooms, sliced	8 oz.	250 g
Dried thyme	1/4 tsp.	1 ml
White wine	2 fl. oz.	60 ml
Brandy	1 fl. oz.	30 ml
Demi-glace	1 pt.	450 ml
Tomato concassée	12 oz.	340 g

1. Cut each chicken into eight pieces and dredge in flour seasoned with salt and pepper.
2. Heat the oil in a heavy braizer and brown the chicken well. Remove the chicken from the pan. Degrease the pan, leaving 1 tablespoon (15 milliliters) of fat.
3. Add the onions and garlic and sauté lightly. Add the mushrooms and thyme and continue sautéing until the mushrooms are tender.
4. Deglaze the pan with the white wine and brandy. Add the demi-glace and tomato concassée.
5. Return the chicken to the pan and season with salt and pepper. Cover and cook until the chicken is done, approximately 30 minutes.
6. Serve two pieces of chicken with a portion of sauce.

Approximate values per 13-oz. (390-g) serving: **Calories** 650, **Total fat** 29 g, **Saturated fat** 7 g, **Cholesterol** 235 mg, **Sodium** 500 mg, **Total carbohydrates** 11 g, **Protein** 86 g, **Vitamin A** 10%, **Iron** 25%

CHICKEN WITH 40 CLOVES OF GARLIC

RECIPE 18.29

Yield: 4 Servings, 2 pieces each **Method:** Braising

Chicken, 2 lb. 8 oz. (1.1 kg), cut in 8 pieces	1	1
Dry white wine	26 fl. oz.	750 ml
Flour	as needed for dredging	
Salt and pepper	TT	TT
Olive oil	2 Tbsp.	30 ml
Garlic cloves, unpeeled	40	40
Fresh thyme	4 sprigs	4 sprigs
Fresh rosemary	1 sprig	1 sprig
French bread croutons	8	8
Fresh parsley, chopped	as needed for garnish	

1. Marinate the chicken pieces in the white wine for 1 to 2 hours under refrigeration. Remove and pat dry.
2. Dredge the chicken in flour and season lightly with salt and pepper. Sauté the chicken in the olive oil.
3. Remove the chicken from the pan and sauté the garlic until it begins to brown. Place the chicken on top of the garlic in a single layer. Add the wine marinade and herbs and cover.
4. Braise in a 325°F (160°C) oven until tender, approximately 45 minutes.
5. Remove the chicken and garlic from the pan and reserve. Remove and discard the herbs. Place the pan on the stove top and reduce the sauce until slightly thick. Season with salt and pepper.
6. Serve two pieces of chicken and several of the garlic cloves resting on two French bread croutons. Top with a portion of the sauce and garnish with chopped parsley.

Approximate values per 12.5-oz. (375-g) serving: **Calories** 600, **Total fat** 18 g, **Saturated fat** 4 g, **Cholesterol** 240 mg, **Sodium** 820 mg, **Total carbohydrates** 20 g, **Protein** 91 g, **Vitamin C** 15%, **Iron** 25%

LOUISIANA CHICKEN

RECIPE 18.30

NEWBURY COLLEGE, BROOKLINE, MA
Senior Instructor Scott Doughty

Yield: 8 Servings **Method:** Braising

Chickens, 3 lb. (1.3 kg) each	2	2
Onions, small dice	2	2
Celery, small dice	2	2
Green bell peppers, small dice	2	2
Clarified butter	2 fl. oz.	60 ml
Garlic cloves, minced	3	3
Tomatoes, canned, diced (with liquid)	1 qt.	1 lt
Black olives, pitted, quartered	12	12
Cayenne pepper	1/2 tsp.	2 ml
Fresh thyme	1 1/2 tsp.	8 ml
Fresh oregano, chopped	1 1/2 tsp.	8 ml
Salt and pepper	TT	TT
Bay leaves	2	2
Parsley, minced	2 Tbsp.	30 ml
Olive oil	4 fl. oz.	120 ml
Flour	1 oz.	30 g
White wine	12 fl. oz.	350 ml

1. Quarter the chickens.
2. Cook the onions, celery and bell peppers in the butter for 5 minutes without browning. Add the garlic and cook for 3 minutes. Add the tomatoes with their juice, the olives, cayenne pepper, thyme, oregano, 1 teaspoon (5 milliliters) of salt, ½ teaspoon (3 milliliters) of black pepper, the bay leaves and parsley. Cover and simmer gently for 25 minutes.
3. Heat the oil in a brazier. Season the chicken with salt and pepper. Cook the chicken, skin side down, until golden brown. Transfer the chicken to a 2-inch- (5-centimeter-) deep hotel pan, skin side up. Pour off and discard all but 1 fluid ounce (30 milliliters) of the fat from the brazier.
4. Add the flour to the brazier and cook to make a brown roux. Stir in the wine and simmer until thickened. Add the tomato mixture. Return to a simmer and ladle the sauce over the chicken. Bake at 375°F (190°C) until the chicken reaches an internal temperature of 160°F (71°C), approximately 25 minutes.

Approximate values per serving: **Calories** 560, **Total fat** 30 g, **Saturated fat** 10 g, **Cholesterol** 160 mg, **Sodium** 330 mg, **Total carbohydrates** 14 g, **Protein** 51 g, **Vitamin A** 30%, **Vitamin C** 80%, **Iron** 20%

RECIPE 18.31 COUNTRY BRAISED CHICKEN

NEWBURY COLLEGE, BROOKLINE, MA

Senior Instructor Scott Doughty

Yield: 8 Servings **Method:** Braising

Flour	6 oz.	180 g
Salt	1 Tbsp.	15 ml
Black pepper	1 tsp.	5 ml
Paprika	1 tsp.	5 ml
Cayenne pepper	1 tsp.	5 ml
Chickens, cut into 8 pieces	2	2
Whole butter	1 oz.	30 g
Vegetable oil	1 fl. oz.	30 ml
Tomatoes	2 lb.	1 kg
Onions, small dice	3	3
Green bell peppers, chopped	4	4
Garlic cloves, chopped	3	3
Curry powder	1 Tbsp.	15 ml
Mace	1 tsp.	5 ml
Chicken stock	as needed	as needed
Almonds, toasted	2 oz.	60 g

1. Combine the flour, salt, pepper, paprika and cayenne pepper. Dredge the chicken in the seasoned flour.
2. Pan-fry the chicken in the butter and oil, skin side down, until evenly browned. Turn and cook on the other side for 30 seconds. Remove the chicken and hold.
3. Prepare tomato concassée. Sweat the onions and bell peppers with the garlic, curry powder and mace in a sauté pan. Add the tomato concassée.
4. Place the browned chicken on top of the vegetables, cover and braise to an internal temperature of 165°F (74°C), approximately 25 minutes. Remove the chicken pieces as they are done, beginning with the breast pieces. Continue cooking until all of the chicken is done.

5 Degrease the sauce if necessary, and adjust its consistency with the chicken stock. Then adjust the seasonings and pour the sauce into a serving pan. Place the chicken on top of the sauce and garnish with the toasted almonds. Serve with steamed rice on the side.

Approximate values per serving: **Calories** 340, **Total fat** 23 g, **Saturated fat** 6 g, **Cholesterol** 30 mg, **Sodium** 470 mg, **Total carbohydrates** 24 g, **Protein** 11 g, **Vitamin A** 30%, **Vitamin C** 130%, **Iron** 15%

BRAISED CHICKEN WITH APPLE CIDER AND CASHEW BUTTER

RECIPE 18.32



CHEF LELAND ATKINSON, WASHINGTON, DC

Yield: 8 Servings **Method:** Braising

Shallots, minced	2 oz.	60 g
Clarified butter	2½ fl. oz.	75 ml
Calvados	12 fl. oz.	375 ml
Fresh thyme, chopped	2 tsp.	10 ml
Cashews	3 oz.	90 g
Honey	1 Tbsp.	15 ml
Unsalted butter	1 lb.	450 g
Salt and pepper	TT	TT
Chickens, 3 lb. 8 oz. (1.6 kg) each, quartered	2	2
Flour	as needed for dredging	
Mirepoix	12 oz.	350 g
Garlic head, cut in half	1	1
Apple cider	1 pt.	450 ml
Cider vinegar	1 Tbsp.	15 ml
Chicken stock	3 pt.	1350 ml
Bay leaves	2	2
Fresh thyme	1 sprig	1 sprig
Blond roux	as needed	as needed

1 To make the cashew butter, lightly sauté the shallots in 1 tablespoon (15 milliliters) of the clarified butter. Add 4 ounces (120 milliliters) of the Calvados and the chopped thyme and reduce au sec. Remove from the heat and cool.
2 Place the cashews in a food processor and process to a medium-fine consistency. Add the cooled shallots, honey and unsalted butter. Season with salt and pepper and process well.
3 Season the chicken with salt and pepper and dredge in flour.
4 Brown the chicken evenly in the remaining clarified butter.
5 Remove the chicken. Add the mirepoix and garlic to the pan; sauté for 1 minute.
6 Add the remaining Calvados, cider and vinegar; reduce by half.
7 Return the chicken to the pan and add the chicken stock and herbs. Cover and braise until done, approximately 15 minutes. Remove the chicken from the pan. (The breasts and wings will cook more quickly and must be removed before the thigh and leg pieces.)

8 Reduce the stock by half. Use the roux to thicken to a light consistency.
9 Strain the sauce, monté au beurre with the cashew butter and season to taste with salt and pepper. Ladle the sauce over the chicken and serve at once.

Approximate values per 17-oz. (510-g) serving: **Calories** 1265, **Total fat** 73 g, **Saturated fat** 38 g, **Cholesterol** 480 mg, **Sodium** 1220 mg, **Total carbohydrates** 22 g, **Protein** 130 g, **Vitamin A** 60%

RECIPE 18.33

CHICKEN POT PIE

Yield: 15 Servings, 10 oz. (280 g) each

Whole butter	1 oz.	30 g
White mushrooms, quartered	8 oz.	240 g
Salt and pepper	TT	TT
Red potatoes, medium dice	6 oz.	180 g
Carrots, medium dice	6 oz.	180 g
Pearl onions	6 oz.	180 g
Peas	6 oz.	180 g
Corn kernels	6 oz.	180 g
Chicken velouté sauce	3 pt.	1.5 lt
Heavy cream	8 fl. oz.	240 ml
Chicken, cooked, large dice	2 lb. 8 oz.	1.2 kg
Flaky pie dough or puff pastry	as needed	as needed
Egg wash	as needed	as needed

1 Heat the butter in a small sauté pan and sauté the mushrooms. Season with salt and pepper.
2 Blanch or steam the potatoes, carrots, onions, peas and corn separately until tender.
3 Bring the velouté to a simmer. Add the cream and simmer for 5 minutes.
4 Add the chicken, potatoes and vegetables to the sauce, season with salt and pepper and ladle into a shallow half-size hotel pan.
5 Brush the edges of the pan with egg wash and cover the pan with the pie dough or puff pastry. Egg wash the top of the dough or pastry and make one or two small slices in the top of the dough to allow steam to escape as the pie cooks. Bake at 400°F (200°C) until the top is well browned, approximately 15 minutes.

Variation: *Turkey Pot Pie*—Substitute an equal amount of turkey for the chicken.

Approximate values per serving, without crust: **Calories** 330, **Total fat** 18 g, **Saturated fat** 9 g, **Cholesterol** 110 mg, **Sodium** 530 mg, **Total carbohydrates** 16 g, **Protein** 27 g, **Vitamin A** 70%

RECIPE 18.34

DUCK BREAST WITH RED RICE, CHARD AND APRICOT MUSTARD

PRIMITIVO WINE BAR, COLORADO SPRINGS, CO
John Broening, Executive Chef

Yield: 8 Servings **Method:** Sautéing

Duck breasts, skin on	8	8
Salt and pepper	TT	TT
Chard leaves, torn	3 oz.	90 g
Whole butter	4 oz.	120 g

Chicken stock	1 pt.	450 ml
Red Rice, cooked (recipe follows)	2 qt.	2 lt
Parsley, chopped	3 Tbsp.	45 ml
Apricot Mustard (recipe follows)	1 c.	240 ml
Almonds, sliced, toasted	1 oz.	30 g



1. Score the skin of the duck breasts in a crosshatch pattern with a sharp knife. Season with salt and pepper and place the breasts skin side down in a rondeau. Without turning the breasts, cook them over low heat, rendering the fat from their skin, until the skin is golden brown and crisp, approximately 15 minutes. Turn the duck breasts in the pan and turn off the heat. Allow them to rest in the pan for 30 seconds. Then remove the breasts from the pan and allow them to rest in a warm place for 10 minutes.
2. Sauté the chard in 2 ounces (60 grams) of the butter until it wilts. Season with salt and pepper.
3. Bring the chicken stock to a boil. Add the cooked Red Rice and season with salt and pepper. Vigorously beat in the remaining butter and parsley and heat over moderate heat until the rice is hot, approximately 1 minute.
4. Slice the duck breasts and arrange on eight warm plates. Garnish with the wilted chard, brush the breasts with the Apricot Mustard, sprinkle with almonds and serve with Red Rice on the side.

Approximate values per serving: **Calories** 640, **Total fat** 20 g, **Saturated fat** 10 g, **Cholesterol** 40 mg, **Sodium** 2740 mg, **Total carbohydrates** 103 g, **Protein** 12 g, **Vitamin A** 35%, **Vitamin C** 10%, **Iron** 15%

RED RICE

Yield: 2 qt. (2 lt)

Whole butter	1 Tbsp.	15 ml
Shallots, minced	4 Tbsp.	60 ml
Red rice	1 lb.	450 g
Chicken stock	2 qt.	2 lt
Bay leaves	2	2
Salt	2 tsp.	10 ml

▶ **red rice** an unmilled short- or long-grain rice from the Himalayas; it has a russet-colored bran and an earthy, nutty flavor

1. In a heavy-bottomed pot, melt the butter and sweat the shallots, without coloring, for approximately 10 minutes. Add the rice and stir to coat.
2. Add the chicken stock, bay leaves and salt and bring to a boil. Cover, reduce the heat to a simmer and cook until the liquid is absorbed, approximately 20 minutes.
3. Spread the cooked rice on a sheet pan, remove the bay leaves and refrigerate.

Approximate values per ½-c. (120-ml) serving: **Calories** 115, **Total fat** 1.5 g, **Saturated fat** 0.5 g, **Cholesterol** 2.5 mg, **Sodium** 635 mg, **Total carbohydrates** 23 g, **Protein** 2.5 g

APRICOT MUSTARD

Yield: 3½ c. (830 ml)

Dry mustard	½ c.	120 ml
Water, cold	4 fl. oz.	120 ml
Granulated sugar	8 oz.	240 g
Rice vinegar	8 fl. oz.	240 ml
Salt	⅛ tsp.	0.5 ml
Fresh ginger, minced	1 Tbsp.	15 ml
Dried apricots, chopped	1 c.	240 ml
Fresh lemon juice	1 Tbsp.	15 ml

1 Whisk together the dry mustard and water and allow the mixture to rest for 1 hour.
2 In a heavy-bottomed pot, bring the sugar, vinegar, salt and ginger to a boil. Add the apricots and simmer until the apricots are soft, approximately 15 minutes. Add the mustard mixture and simmer for 5 minutes.
3 Transfer the sauce to a blender. Add the lemon juice and blend until smooth. Adjust the consistency with water, if necessary.

Approximate values per 1-Tbsp. (15-ml) serving: **Calories** 30, **Total fat** 0, **Saturated fat** 0, **Cholesterol** 0, **Sodium** 5 mg, **Total carbohydrates** 6 g, **Protein** 0, **Claims**—low calorie; fat free; low sodium

RECIPE 18.35

WARM DUCK BREAST SALAD WITH ASIAN SPICES AND HAZELNUT VINAIGRETTE



FETZER VINEYARD, HOPLAND, CA

Culinary Director, John Ash

Yield: 4 Servings **Method:** Sautéing

Whole boneless duck breasts, 12 oz. (350 g) each	2	2
Marinade:		
Garlic, minced	1 tsp.	5 ml
Green onions, minced	2 Tbsp.	30 ml
Oyster sauce	2 tsp.	10 ml
Light soy sauce	1 tsp.	5 ml
Rice wine or dry sherry	1 tsp.	5 ml
Sugar	1 tsp.	5 ml
Five-spice powder	½ tsp.	3 ml
Hazelnut vinaigrette:		
Garlic, minced	1 Tbsp.	15 ml
Hazelnut oil	3 fl. oz.	90 ml
Walnut or light olive oil	3 fl. oz.	90 ml
Chives, minced	1 Tbsp.	15 ml
Balsamic vinegar	2 Tbsp.	30 ml
Light soy sauce	1 tsp.	5 ml
Sugar	¼ tsp.	1 ml
Mixed baby greens	4–6 oz.	120–180 g
Hazelnuts, toasted, skinned and chopped coarse	2 oz.	60 g

1 Trim the excess fat from the duck breasts and separate the breasts into halves.
2 Combine the marinade ingredients. Thoroughly coat the duck with the marinade and marinate for at least 2 hours.
3 Combine the hazelnut vinaigrette ingredients at least 2 hours before service so that the flavors will develop.
4 Wipe the marinade from the breasts and sauté them, skin side down first, in a dry sauté pan until medium rare, approximately 2½ minutes per side. Do not overcook.

5 Arrange a mixture of baby greens on four plates. Slice the breasts on the diagonal and arrange on the plates with the greens. Drizzle the hazelnut vinaigrette over the greens, sprinkle with hazelnuts and serve.

Approximate values per 9-oz. (270-g) serving: **Calories** 820, **Total fat** 68 g, **Saturated fat** 10 g, **Cholesterol** 230 mg, **Sodium** 240 mg, **Total carbohydrates** 7 g, **Protein** 44 g, **Vitamin C** 20%, **Iron** 35%

DUCK CONFIT

RECIPE 18.36

Yield: 4 Servings

Duck, 4 lb. (1.8 kg), cut into 4 pieces	1	1
Kosher salt	2 Tbsp.	30 ml
Black pepper, cracked	1 tsp.	5 ml
Bay leaves	4	4
Fresh thyme	6 sprigs	6 sprigs
Garlic cloves, crushed	6	6
Duck or goose fat, melted	2 lb.	900 g

1 Rub the duck with the salt. Place it skin side down in a roasting pan just large enough to hold the pieces in one layer; season with the pepper, crumbled bay leaves, thyme and garlic. Cover and refrigerate overnight.
2 Bake the duck at 325°F (160°C) until brown, approximately 15 to 20 minutes. Add enough melted duck or goose fat to cover the pieces completely.
3 Cover the pan and cook in a 300°F (150°C) oven until the duck is very tender, approximately 2 hours.
4 Remove the duck from the fat and place in a deep hotel pan. Ladle enough of the cooking fat over the pieces to cover them completely. Be careful not to add any of the cooking juices.
5 Cover the pan and refrigerate for 2 days to allow the flavors to mellow.
6 To serve, remove the duck from the fat and scrape off the excess fat. Bake at 350°F (180°C) until the skin is crisp and the meat is hot, approximately 30 minutes.

Approximate values per serving: **Calories** 670, **Total fat** 16 g, **Saturated fat** 4.5 g, **Cholesterol** 700 mg, **Sodium** 3960 mg, **Total carbohydrates** 6 g, **Protein** 125 g, **Vitamin C** 25%, **Iron** 130%



1 Season the duck.



2 After the duck browns, cover it with melted fat and return it to the oven.



3 Remove the duck from the congealed fat, scraping off the excess.

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RECIPE 18.37

DUCK CONFIT WITH DIRTY RICE AND ORANGE GASTRIQUE



HERBSAINT BAR AND RESTAURANT, NEW ORLEANS, LA
Chef Donald Link

Yield: 4 Servings

Duck Confit (preceding recipe)		
Dirty Rice (recipe follows)	1 pt.	450 ml
Orange Gastrique (recipe follows)	1 pt.	450 ml

1 Prepare Duck Confit as described in the preceding recipe.
2 Reheat the duck pieces in a convection oven for service. Arrange the duck over a mound of Dirty Rice surrounded by Orange Gastrique. Garnish with fresh herbs.

DIRTY RICE

Yield: 3 c. (700 ml)

Vegetable oil	1 Tbsp.	15 ml
Chicken livers, chopped	½ c.	120 ml
Pork or beef, chopped	½ oz.	120 g
Onion, small dice	2 oz.	60 g
Garlic, minced	1 tsp.	5 ml
Salt and pepper	as needed	as needed
Cayenne pepper	as needed	as needed
Paprika	as needed	as needed
Chicken stock	4 fl. oz.	120 ml
Long-grain white rice, cooked	1 pt.	450 ml
Green onions, sliced	4 Tbsp.	60 ml
Parsley, chopped	4 Tbsp.	60 ml

1 Heat the oil in a heavy-bottomed saucepan until smoking. Add the livers and the pork or beef and sauté until well browned.
2 Add the onions, garlic and spices and continue to cook and brown the mixture. Deglaze with a little chicken stock and continue to cook until all the ingredients are well browned.
3 Add the remaining chicken stock, the cooked rice, green onions and parsley. Stir and cook until the rice is hot and then serve.

Approximate values per 4-fl. oz. (120-ml) serving: **Calories** 170, **Total fat** 6 g, **Saturated fat** 2 g, **Cholesterol** 95 mg, **Sodium** 90 mg, **Total carbohydrates** 17 g, **Protein** 9 g, **Vitamin A** 80%, **Vitamin C** 20%, **Iron** 15%

ORANGE GASTRIQUE

Yield: 1 pt. (450 ml)

Granulated sugar	8 oz.	240 ml
Water	4 fl. oz.	120 ml
Orange zest	2 Tbsp.	30 ml
Orange juice	1 pt.	450 ml
Star anise	2	2
Brown stock	2 qt.	2 lt
Honey	3 Tbsp.	45 ml
Whole butter	1 Tbsp.	15 ml

1 Combine the sugar and water and cook over medium heat until lightly caramelized.
2 Add the zest, juice and star anise and stir together until the sugar is dissolved and the sauce is smooth. Add the stock and reduce until the sauce thickens and coats the back of a spoon.
3 Stir in the honey and monté au beurre.

Approximate values per 1-fl. oz. (30-ml) serving: **Calories** 100, **Total fat** 1 g, **Saturated fat** 0.5 g, **Cholesterol** 0 mg, **Sodium** 320 mg, **Total carbohydrates** 24 g, **Protein** 1 g, **Vitamin A** 60%, **Vitamin C** 30%

DUCK À L'ORANGE

RECIPE 18.38

CHEF LELAND ATKINSON, WASHINGTON, DC



Yield: 4 Servings **Method:** Roasting

Duckling, 5–6 lb. (2.2–2.8 kg)	1	1
Salt and pepper	TT	TT
Duck or chicken stock	8 fl. oz.	250 ml
Sugar	1 Tbsp.	15 ml
Champagne vinegar	1 Tbsp.	15 ml
Brandy	2 Tbsp.	30 ml
Orange juice	12 fl. oz.	350 ml
Lemon juice	from 1 lemon	from 1 lemon
Whole butter	1 tsp.	5 ml
Orange zest, julienne	4 Tbsp.	60 ml
Oranges, peeled and sectioned	4	4

1 Prick the duck with a fork and season well with salt and pepper.
2 Roast the duck at 400°F (200°C) for 15 minutes. Reduce the heat to 350°F (180°C) and cook until done, approximately 45 to 60 minutes. Remove the duck from the roasting pan and hold in a warm place.
3 Degrease the roasting pan. Place the pan on the stove top and deglaze with the stock.
4 Melt the sugar and vinegar together in a saucepan and lightly caramelize the mixture.
5 Remove the caramelized sugar from the stove top and add the brandy.
6 Add the stock, pan drippings and juices to the pan of sugar and reduce until the sauce is slightly thickened, approximately 10 minutes. Monté au beurre. Strain and degrease the sauce.
7 Blanch the orange zest in boiling water.
8 Place the duck on a warm serving platter. Arrange the orange sections around it. Sprinkle the zest over the duck. Pour the sauce over the duck and serve additional sauce on the side.

Approximate values per 28-oz. (840-g) serving: **Calories** 1810, **Total fat** 147 g, **Saturated fat** 54 g, **Cholesterol** 475 mg, **Sodium** 1050 mg, **Total carbohydrates** 30 g, **Protein** 91 g, **Vitamin A** 60%, **Vitamin C** 190%, **Iron** 50%

ROAST GOOSE WITH CABBAGE AND APPLES

RECIPE 18.39

Yield: 8 Servings, 6 oz. (180 g) each **Method:** Roasting

Goose, approx. 12 lb. (6 kg)	1	1
Salt and pepper	TT	TT
Caraway seeds	1 Tbsp.	15 ml
Onion, large dice	6 oz.	180 g

Continued

Carrot, large dice	3 oz.	90 g
Celery, large dice	3 oz.	90 g
Green cabbage, shredded	1 lb.	450 g
Potatoe, large dice	3 lb.	1.4 kg
Tart apple, cored and diced	1 lb.	450 g
Apple cider	1 qt.	1 lt

1 Remove the giblets from the goose; remove the fat from its cavity. Rinse the goose and pat dry. Sprinkle its interior and exterior with salt, pepper and caraway seeds. Truss the goose and place it breast side up on a rack in a roasting pan.
2 Roast in a 425°F (220°C) oven for 30 minutes. Prick the skin all over with a fork to release fat.
3 Reduce the oven temperature to 350°F (180°C) and continue roasting for another 45 minutes. Baste the bird occasionally with the fat accumulating in the pan.
4 Meanwhile, combine the vegetables and apple, and season with salt and pepper.
5 After roasting for a total of 1¼ hours, remove the goose from the pan and drain off all but 3 tablespoons (45 milliliters) of fat. Place the vegetable mixture in the roasting pan and toss to coat with the fat.
6 Place the goose on top of the vegetable mixture and pour the apple cider over all. Return to the oven and continue roasting until done, approximately 1½ hours.
7 Remove the bird from the roasting pan and allow it to rest for 20 to 30 minutes before carving. Serve with the cooked vegetable and apple mixture.

Approximate values per serving: **Calories** 1230, **Total fat** 62 g, **Saturated fat** 18 g, **Cholesterol** 205 mg, **Sodium** 670 mg, **Total carbohydrates** 101 g, **Protein** 66 g, **Vitamin A** 35%, **Vitamin C** 60%, **Iron** 60%

RECIPE 18.40

GRILLED SQUAB WITH BASIL BUTTER



1 Marinating the squab in white wine marinade.



2 Drying the squab.

Yield: 4 Servings

Squab, whole	4	4
Fresh basil leaves	16	16
White Wine Marinade (page 419)	1 pt.	450 ml
Basil butter	6 oz.	180 g

1 Remove the backbone and breast bone from each squab. The birds will lie flat and remain in one piece.
2 Make a slit below each leg and tuck the leg bone into the slit.
3 Carefully slide two basil leaves under the skin over each breast to cover the meat.
4 Marinate the squab in the White Wine Marinade for 1 to 2 hours.
5 Heat and prepare the grill.
6 Remove the squab from the marinade and pat dry.
7 Melt approximately 4 ounces (120 grams) of the basil butter, leaving enough for eight thin slices to be served with the finished dish.
8 Brush the squab with basil butter and place it skin side down on the grill. Grill the squab, turning once and basting periodically with the melted basil butter. Finish in the oven if necessary.
9 Serve the squab with a slice of basil butter melting over each breast.

Approximate values per serving: **Calories** 690, **Total fat** 50 g, **Saturated fat** 26 g, **Cholesterol** 260 mg, **Sodium** 1070 mg, **Total carbohydrates** 0 g, **Protein** 60 g, **Vitamin A** 40%



3 Brushing the squab with the melted basil butter.



4 Grilling the squab.



5 Serving the squab with a slice of basil butter.

SQUAB SALAD WITH MELON

RECIPE 18.41

CHEF ODETTE FADA, NEW YORK, NY

Yield: 6 Servings **Method:** Sautéing

Squab	3	3
Salt and pepper	TT	TT
Extra virgin olive oil	as needed	as needed
Dry black currants	2 Tbsp.	30 ml
Tahitian squash, thin slices	18	18
Mâche lettuce, small bunches	6	6



1. Bone the squab breasts and remove the thighs and legs. Season with salt and pepper and sauté the breasts and thighs in olive oil until done, approximately 10 to 15 minutes.
2. Place the currants in a bowl and cover with hot water.
3. Cook the squash slices in boiling water for 40 seconds. Cut the slices in half and arrange them on each of six plates as fans opening toward the plate's border.
4. On the other side of each plate, arrange some mâche lettuce; season with salt and pepper.
5. Slice the breasts; arrange the meat with the legs on the squash. Keep the plates in a warm place.
6. Drain the currants and sauté in 2 tablespoons (30 milliliters) of olive oil. Sprinkle the currants around the plates and serve.

Approximate values per serving: **Calories** 230, **Total fat** 10 g, **Saturated fat** 2.5 g, **Cholesterol** 85 mg, **Sodium** 460 mg, **Total carbohydrates** 3 g, **Protein** 31 g, **Vitamin A** 20%, **Vitamin C** 30%

TURKEY BURGER

RECIPE 18.42

Yield: 4 Servings **Method:** Grilling

Fresh ginger, minced	2 tsp.	10 ml
Garlic, chopped	1 tsp.	5 ml
Sesame oil	1 tsp.	5 ml
White mushrooms, chopped	4 oz.	120 g
Green onion, chopped fine	1	1
Ground turkey	20 oz.	600 g
Salt	1/2 tsp.	3 ml
Black pepper	1/4 tsp.	1 ml

Continued

Glaze:		
Soy sauce	4 tsp.	20 ml
Sesame oil	2 tsp.	10 ml
Fresh ginger, minced	½ tsp.	3 ml
Garlic, chopped	1 tsp.	5 ml
Soft bagels, flat bread or other bread as desired	4 pieces	4 pieces
Sesame seeds	4 tsp.	20 ml
Lettuce and tomato	as need for garnish	

1. Sauté the ginger and garlic in the sesame oil for one minute. Add the mushrooms and green onion and sauté approximately one minute longer. Do not fully cook the mushrooms; allow them to retain most of their liquid in order to add moisture to the finished burgers. Remove the mushroom mixture from the heat, spread on a sheet pan and refrigerate until cold.
2. Combine the cold mushroom mixture with the ground turkey, salt and pepper and mix well. Form the mixture into four patties.
3. Stir the glaze ingredients together.
4. Oil the grate of a hot grill. Brush the burgers with the glaze and grill to the desired doneness, basting occasionally with the glaze.
5. Serve each burger open-faced on a toasted bagel or warm flatbread. Sprinkle with sesame seeds and serve accompanied by lettuce leaves, tomato slices or other garnishes as desired.

Approximate values per serving: **Calories** 370, **Total fat** 17 g, **Saturated fat** 4 g, **Cholesterol** 110 mg, **Sodium** 960 mg, **Total carbohydrates** 22 g, **Protein** 30 g, **Iron** 20%

RECIPE 18.43

TURKEY MEATLOAF

Yield: 8 Servings, 7 oz. (210 g) each **Method:** Baking

Onion, small dice	8 oz.	450 g
Celery, small dice	3 oz.	90 g
Olive oil	2 Tbsp.	30 ml
Garlic cloves, minced	3	3
Dried thyme	2 tsp.	10 ml
Dried sage	1 tsp.	5 ml
Salt	1 tsp.	5 ml
Black pepper, freshly ground	½ tsp.	3 ml
Ground turkey	2½ lb.	1.1 kg
Wheat bran	2 oz.	60 g
Ketchup	2 oz.	60 g
Worcestershire sauce	1 Tbsp.	15 ml
Italian parsley, chopped fine	½ c.	120 ml
Egg whites, beaten	2	2

1. Sauté the onions and celery in olive oil until translucent but not brown. Add the garlic, herbs, salt and pepper and sauté for 2 minutes. Remove from the pan and cool.
2. Place the turkey in a bowl and add the bran, ketchup, Worcestershire sauce, parsley and egg whites and mix well. Stir in the cooled onion mixture and adjust the seasonings.
3. Spray a 9-inch × 5-inch × 3-inch (22.5-centimeter × 12.5-centimeter × 7.5-centimeter) loaf pan with nonstick cooking spray and fill the pan with the turkey mixture.

4 Bake the loaf at 350°F (180°C) to an internal temperature of 160°F (71°C), approximately 1 hour 20 minutes.
5 Allow the meatloaf to cool in the pan for 15 minutes. Remove from the pan, slice and serve.

Variations: The turkey meatloaf mixture can be formed into meatballs of the desired size, browned in a sauté pan, finished in the oven and used in place of traditional meatballs in any recipe.

Approximate values per serving: **Calories** 290, **Total fat** 16 g, **Saturated fat** 3.5 g, **Cholesterol** 110 mg, **Sodium** 560 mg, **Total carbohydrates** 11 g, **Protein** 27 g, **Vitamin C** 15%, **Iron** 20%

TURKEY SCALLOPINE WITH CAPERS AND LEMON

RECIPE 18.44

Yield: 4 Servings **Method:** Sautéing

Turkey breast, cut into 1/8-in. (3-mm) scallopines, 3 oz. (90 g) each	8	8
Salt and white pepper	TT	TT
Flour	as needed for dredging	
Clarified butter	2 fl. oz.	60 ml
Dry white wine	4 fl. oz.	120 ml
Fresh lemon juice	2 fl. oz.	60 ml
Capers	3 Tbsp.	45 ml

1 Gently pound each turkey slice with a meat mallet. Season with salt and white pepper and dredge in flour.
2 Sauté the turkey in the clarified butter until golden brown. Remove and hold in a warm place.
3 Deglaze the pan with the wine, then add the lemon juice and capers. Return the turkey to the pan to coat with the sauce and reheat.
4 Serve two slices with a portion of the sauce.

Approximate values per 6-oz. (180-g) serving: **Calories** 390, **Total fat** 13 g, **Saturated fat** 8 g, **Cholesterol** 180 mg, **Sodium** 910 mg, **Total carbohydrates** 13 g, **Protein** 56 g, **Vitamin A** 10%

TURKEY TONNATO (TURKEY IN TUNA SAUCE)

RECIPE 18.45

Yield: 10 Servings

Turkey breast, skin on, 3–4 lb. (1.4–1.8 kg)	1	1
Garlic cloves, slivered	4	4
Chicken stock	2 qt.	2 lt
White wine, dry	1 pt.	450 ml
Mirepoix	2 lb.	1 kg
Sachet:		
Bay leaves	2	2
Fresh thyme	1 sprig	1 sprig
Italian parsley	6 sprigs	6 sprigs
Black peppercorns, whole	10	10

Continued

Sauce:		
Extra virgin olive oil	6 fl. oz.	180 ml
Egg yolk	1	1
Tuna, canned in oil	6 oz.	180 g
Garlic clove	1	1
Anchovy fillets, rinsed, diced	3	3
Fresh lemon juice	2 Tbsp.	30 ml
Heavy cream	2 fl. oz.	60 ml
Salt	TT	TT
White pepper, freshly ground	TT	TT
Capers, rinsed, dried	3 Tbsp.	45 ml
Italian parsley, chopped fine	as needed for garnish	
Black olives	as needed for garnish	
Capers	as needed for garnish	
Black pepper, cracked	as needed for garnish	

1 Make several 1-inch-(5-centimeter-) deep incisions in the turkey breast. Insert a sliver of garlic into each incision.
2 Place the turkey breast in a stockpot. Add the stock, wine, mirepoix and sachet. Add more stock to cover the turkey if necessary. Bring to a boil, reduce the heat and poach the turkey for 1½ hours or until nearly done. Remove the pot from the stove and allow the turkey to cool in liquid. Strain 8 fluid ounces (240 milliliters) of the stock and reserve it for the sauce.
3 To prepare the sauce, purée the olive oil, egg yolk, tuna, garlic, anchovies and lemon juice in a blender. Transfer the purée to a bowl. Stir in the cream and then gradually stir in the reserved turkey stock a little at a time until the sauce is the consistency of heavy cream. You may not need all of the stock. Season with salt and white pepper, then stir in the caper.
4 Remove the turkey from the stock. Remove and discard the skin. Slice the breast into very thin slices. Spread a thin layer of tuna sauce in a shallow hotel pan. Arrange overlapping slices of turkey on the sauce. Pour a small amount remaining sauce over the turkey slices and smooth with a spatula. Cover and refrigerate overnight.
5 To serve, arrange the slices of turkey on a serving platter. Drizzle the sauce over the turkey and garnish with chopped parsley, black olives, capers and cracked black pepper.

Approximate values per serving: **Calories** 420, **Total fat** 25 g, **Saturated fat** 5 g, **Cholesterol** 155 mg, **Sodium** 340 mg, **Total carbohydrates** 1 g, **Protein** 46 g, **Iron** 15%

RECIPE 18.46

SPICED OSTRICH TENDERLOIN

Yield: 2 Servings **Method:** Broiling

Cumin seeds	1 Tbsp.	15 ml
Fennel seeds	1 Tbsp.	15 ml
Black peppercorns	2 tsp.	10 ml
White peppercorns	2 tsp.	10 ml
Garlic cloves, minced	2	2
Ostrich tenderloins, 4 oz. (120 g) each	2	2
Olive oil	1 Tbsp.	15 ml
Salt	TT	TT

1 Grind the cumin, fennel and peppercorns together in a spice grinder. Combine the ground spices with the garlic.
2 Brush the tenderloins with the olive oil, coat with the spice mixture and season lightly with salt.

3 Cook the ostrich under a broiler to the desired degree of doneness.
4 Remove from the broiler and slice into thin pieces for service.

Approximate values per 4-oz. (120-g) serving: **Calories** 169, **Total fat** 5 g, **Saturated fat** 1 g, **Cholesterol** 91 mg, **Sodium** 106 mg, **Total carbohydrates** 5 g, **Protein** 27 g, **Iron** 46%

GRILLED OSTRICH TENDERLOIN WITH TAGARISHI YAMS AND WESTERN SLOPE CHERRY GLAZE

RECIPE 18.47

SENCHA, COLORADO SPRINGS, CO

Chef Brent Beavers

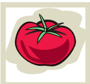


Yield: 1 Serving **Method:** Grilling

Ostrich tenderloin	6 oz.	180 g
Salt and pepper	TT	TT
Vegetable oil	as needed	as needed
Whole butter	1 Tbsp.	15 ml
Fresh spinach, cleaned	1 oz.	30 g
Tagarishi Yams (recipe follows)	6 oz.	180 g
Western Slope Cherry Glaze (recipe follows)	2 fl. oz.	60 ml

1 Season the ostrich with salt and pepper. Brush with oil and grill until medium rare, approximately 3 to 6 minutes.
2 Heat the butter in a sauté pan until noisette. Add the spinach and toss until it wilts. Season with salt and pepper and hold in a warm place.
3 Mound the Yams on a serving plate. Slice the ostrich against the grain and on the bias in 1/4-inch- (6-millimeter-) thick slices. Fan the slices on the serving plate. Arrange the cooked spinach over the potatoes. Ladle the Cherry Glaze on and in front of the ostrich slices and serve.

Approximate values per serving: **Calories** 650, **Total fat** 27 g, **Saturated fat** 15 g, **Cholesterol** 200 mg, **Sodium** 570 mg, **Total carbohydrates** 60 g, **Protein** 41 g, **Vitamin A** 45%, **Vitamin C** 45%, **Calcium** 10%, **Iron** 60%



TAGARISHI YAMS

Yield: 5 lb. (2.2 kg)

Cuban yams, peeled and quartered	5 lb.	2.2 kg
Whole butter	8 oz.	240 g
Heavy cream	1 pt.	450 ml
Tagarishi	1 Tbsp.	15 ml
Salt	2 tsp.	10 ml
Black pepper, ground	TT	TT

▶ **tagarishi** a Japanese spice available at Asian markets

1 Simmer the yams in salted water until tender. Drain well. Place the yams, butter, cream and tagarishi in the bowl of a mixer fitted with a paddle. Mix on low until the mixture reaches the desired consistency. Do not overmix. Adjust the seasonings with salt and pepper.

Approximate values per 4-oz. (120-g) serving: **Calories** 240, **Total fat** 18 g, **Saturated fat** 11 g, **Cholesterol** 55 mg, **Sodium** 260 mg, **Total carbohydrates** 19 g, **Protein** 2 g, **Vitamin A** 15%

WESTERN SLOPE CHERRY GLAZE

Yield: 2 qt. (2 lt)

Fresh cherries, pitted	2 lb.	1 kg
Port wine	1 pt.	450 ml
Oranges	2	2
Simple syrup	2 pt.	900 ml
Chicken stock	2 pt.	900 ml

1. Combine the cherries and port in a saucepot. Bring to a boil and reduce au sec.
2. Zest and squeeze the juice from the oranges.
3. Add the zest, orange juice, simple syrup and stock to the cherries and reduce to the consistency of a thin glaze.

Approximate values per 1-fl.-oz. (30-ml) serving: **Calories** 80, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 60 mg, **Total carbohydrates** 18 mg, **Protein** 0 g, **Claims**–fat free

RECIPE 18.48

SAUTÉED CHICKEN LIVERS



Yield: 4 Appetizer Servings, 4 oz. (120 g) each

Method: Sautéing

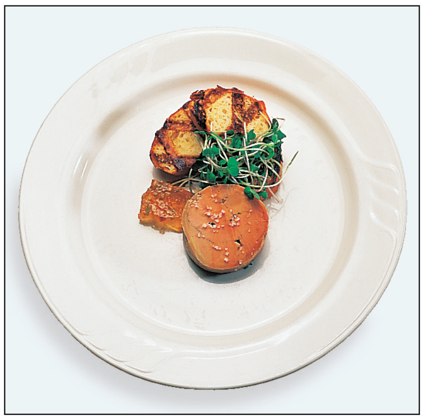
Chicken livers, trimmed	1 lb.	450 g
Salt and pepper	TT	TT
Flour	as needed for dredging	
Vegetable oil	1 fl. oz.	30 ml
Shallots, minced	2 Tbsp.	60 ml
Raspberry vinegar	4 fl. oz.	120 ml
Raspberry jam	2 Tbsp.	60 ml
French bread croutons	4	4
Watercress	as needed for garnish	

1. Rinse the livers and pat dry. Season with salt and pepper and dredge in flour.
2. Sauté the livers in the oil until just barely pink, approximately 3 to 4 minutes. Remove the livers from the pan and hold in a warm place.
3. Using the fat remaining in the pan, sauté the shallots until tender. Deglaze with the vinegar.
4. Add the jam. Simmer until thickened. Return the livers to the pan and toss to coat with the sauce.
5. Serve on warm plates with French bread croutons; garnish with watercress.

Approximate values per 4-oz. (120-g) serving: **Calories** 330, **Total fat** 14 g, **Saturated fat** 3 g, **Cholesterol** 715 mg, **Sodium** 660 mg, **Total carbohydrates** 22 g, **Protein** 30 g, **Vitamin A** 560%, **Iron** 60%

TORCHON OF FOIE GRAS WITH APPLE AND DUCK GELÉES

RECIPE 18.49



Torchon (tour-shahn) is French for a cloth or towel, such as a dishcloth. The term is sometimes used to refer to dishes in which the item has been shaped into a cylinder by being wrapped in a cloth or towel.

Yield: 10 Servings **Method:** Poaching

Foie gras, A grade	1	1
Cognac	1 Tbsp.	15 ml
Salt	1½ tsp.	8 ml
Allspice	½ tsp.	3 ml
Fennel, ground	½ tsp.	3 ml
Black pepper, ground	TT	TT
Juniper berries, chopped	2	2
Rich duck stock, clear	as needed	as needed
Apple Gelée (recipe follows)	as needed	as needed

1 Immerse the foie gras in ice water for 2 to 3 hours. Then remove it from the ice water and hold at room temperature for approximately 30 minutes to allow it to soften slightly. Bisect the lobes of the foie gras and carefully remove all evident veins.
2 Place the foie gras pieces in a hotel pan without letting them overlap. Season them with the cognac, salt, allspice, fennel, pepper and juniper berries.
3 Lay a 12-inch × 12-inch (30-centimeter × 30-centimeter) piece of plastic wrap on a work surface. Divide the foie gras in half and place half of it on the plastic wrap and roll into a tight cylinder. Repeat with the other half. Refrigerate both rolls overnight.
4 Remove the foie gras from the refrigerator and hold at room temperature for 30 minutes. Lay a 12-inch × 12-inch (30-centimeter × 30-centimeter) piece of cheesecloth on a work surface. Remove one roll of foie gras from the plastic and transfer it to the cheesecloth. Roll the foie gras very tightly in the cheesecloth, twist the ends of the cloth very tightly and tie with kitchen twine. Then tie the roll at two even intervals to prevent the foie gras from becoming misshapen during cooking. Repeat with the second foie gras roll.
5 Prepare an ice bath large enough to hold the rolls. Heat 4 quarts (4 liters) of water in a wide shallow pot to 185°F (85°C). Working with one roll at a time, poach the rolls for 1 minute and transfer them directly to the ice bath. Chill the foie gras in the ice bath for 15 minutes.
6 Remove the foie gras rolls from the ice water, wrap them in absorbent kitchen towels and hang in the refrigerator for 12 to 24 hours.
7 To make the duck gelée, reduce the duck stock to 1 to 2 cups (250 to 500 milliliters) of liquid. (The greater the gelatin content, the less reduction is necessary.) Pour into a shallow pan and refrigerate. The finished duck gelée should be gelled and firm enough to hold its shape when plated.
8 To serve, remove the towel and the cheesecloth from the foie gras. Using a hot knife, smooth the sides of the foie gras torchon and cut slices of the desired thickness. Serve with toasted bread, the Apple Gelée and the duck gelée.

Approximate values per serving: **Calories** 110, **Total fat** 3.5 g, **Saturated fat** 1.5 g, **Cholesterol** 410 mg, **Sodium** 460 mg, **Total carbohydrates** 5 g, **Protein** 13 g, **Vitamin A** 490%, **Iron** 130%

APPLE GELÉE

Yield: 12 fl. oz. (350 ml)

Star anise	1/8 tsp.	0.5 ml
Apple juice, pure	3 pt.	1.5 lt
Salt	TT	TT
Green apple	1/2	1/2
Lemon juice	1 tsp.	5 ml
Gelatin sheets	4	4

1. Add the star anise to the apple juice. Bring the juice to a boil and reduce by half. Season with salt.
2. Cut the apple brunoise and toss with the lemon juice.
3. Soak the gelatin sheets in cold water for approximately 5 minutes. Squeeze out the water and dissolve them in the hot apple juice.
4. Pour the mixture into a shallow pan. Cool over an ice bath. When the mixture begins to set, stir in the brunoise apple so that the apple pieces become suspended in the gelée and are evenly dispersed. Refrigerate until firm.

Approximate values per 1-fl. oz. (30-ml serving): **Calories** 10, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 10 mg, **Total carbohydrates** 15 mg, **Protein** 2 g, **Claims**—fat free, low sodium

RECIPE 18.50

SAUTÉED FOIE GRAS ON WILD MUSHROOM DUXELLES WITH TOASTED BRIOCHE



CHEF LELAND ATKINSON, WASHINGTON, DC

Yield: 4 Servings **Method:** Sautéing

Fresh foie gras, A grade	1 lb.	450 g
Wild mushrooms	1 lb.	450 g
Shallots, chopped	2 Tbsp.	30 ml
Garlic, chopped	1 tsp.	5 ml
Whole butter	1 Tbsp.	15 ml
Tomato paste	1 tsp.	5 ml
Brandy	1 Tbsp.	15 ml
Fresh thyme	1 tsp.	5 ml
Salt and pepper	TT	TT
Madeira sauce (page 217)	8 fl. oz.	250 ml
Brioche (page 987)	8 slices	8 slices

1. Allow the foie gras to come to near room temperature. With a sharp knife, scrape the thin membrane from the outside of the liver. Gently pull the pieces apart. Gently pull out any visible veins. Slice the liver on a slight bias into slices approximately 1 inch (2.5 centimeters) thick. Cover and chill until service.
2. To make the duxelles, clean and chop the wild mushrooms.
3. Sauté the shallots and garlic in the butter.
4. Add the mushrooms and cook until they first release their moisture and then begin to dry, approximately 5 minutes.
5. Add the tomato paste and brandy and cook until dry, stirring often.
6. Add the thyme and adjust the seasonings with salt and pepper. Remove the duxelles from the heat.

7 Quickly sauté the foie gras in a hot dry pan until it is browned on both sides but still bright pink in the middle, approximately 2 minutes.

8 Portion the duxelles onto four warm serving plates. Ladle the Madeira sauce around the duxelles. Blot the foie gras on a dry towel and arrange it over the top of the duxelles. Serve with toasted brioche.

Approximate values per serving: **Calories** 1160, **Total fat** 75 g, **Saturated fat** 23 g, **Cholesterol** 330 mg, **Sodium** 1450 mg, **Total carbohydrates** 92 g, **Protein** 30 g, **Vitamin A** 150%, **Iron** 60%

FRIED FROG LEGS IN FINES HERBES BUTTER

RECIPE 18.51

HERBSAINT BAR AND RESTAURANT, NEW ORLEANS, LA

Chef Donald Link



Yield: 24 Legs **Method:** Deep-Frying

Fines herbes butter:		
Unsalted butter, soft	8 oz.	240 g
Parsley, chopped	1 Tbsp.	15 ml
Fresh tarragon, chopped	1 tsp.	5 ml
Fresh chervil, chopped	1 tsp.	5 ml
Chives, sliced	1 tsp.	5 ml
Garlic, minced	½ tsp.	3 ml
Cayenne pepper	½ tsp.	3 ml
Salt	1 tsp.	5 ml
Frog leg pairs, cut in half	12	12
Salt and pepper	TT	TT
Flour	1 lb.	900 ml
Buttermilk	8 fl. oz.	240 ml

1 Combine all the ingredients for the fines herbes butter and mix well.

2 Pat the frog legs dry and season them with salt and pepper. Dredge the frog legs in flour, dip them in buttermilk, drain and dredge in flour again.

3 Deep-fry the frog legs until golden brown and done, approximately 5 to 7 minutes. Drain, place in a stainless steel bowl and coat generously with the fines herbes butter.

4 Arrange the legs attractively on a plate, garnish as desired and serve hot.

Approximate values per leg: **Calories** 170, **Total fat** 10 g, **Saturated fat** 5 g, **Cholesterol** 35 mg, **Sodium** 125 mg, **Total carbohydrates** 15 g, **Protein** 6 g

FROGS

Frogs are amphibians that can be prepared like poultry or fish. Their texture and flavor are similar to those of chicken. Most of the frogs used in food service operations are farm-raised, so their meat is quite tender. Typically, only the legs are eaten. They are sold frozen, in pairs, attached by a small portion of backbone.

